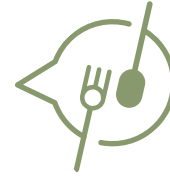




MEAL PLANNER



Daily Meal Planner



☐ S ☐ M ☐ T ☐ W ☐ T ☐ F ☐ S

Date: _____

Breakfast

Lunch

Snacks

Dinner

Notes / Shopping List

Daily Meal Prep

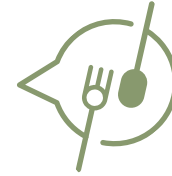


☐ S ☐ M ☐ T ☐ W ☐ T ☐ F ☐ S

Date: _____

	Meal	Meal Prep
Breakfast		
Lunch		
Dinner		
Snack		

Daily Meal Planner

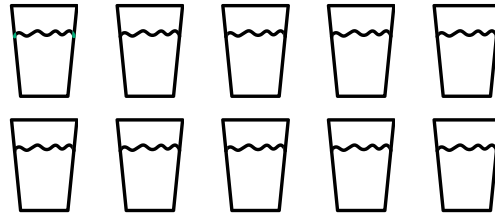


☐ S ☐ M ☐ T ☐ W ☐ T ☐ F ☐ S

Date: _____

Breakfast

Water Intake



Lunch

Grocery / Healthy Food List

Snack

Dinner

Notes

Weekly Meal Planner



☐ J ☐ F ☐ M ☐ A ☐ M ☐ J ☐ J ☐ A ☐ S ☐ O ☐ N ☐ D

Week #: _____

	Breakfast	Lunch	Snack	Dinner	Water
Sun					💧💧💧 💧💧💧 💧💧💧
Mon					💧💧💧 💧💧💧 💧💧💧
Tue					💧💧💧 💧💧💧 💧💧💧
Wed					💧💧💧 💧💧💧 💧💧💧
Thu					💧💧💧 💧💧💧 💧💧💧
Fri					💧💧💧 💧💧💧 💧💧💧
Sat					💧💧💧 💧💧💧 💧💧💧



Week #: _____

M	B	
	L	
	D	
T	B	
	L	
	D	
W	B	
	L	
	D	
T	B	
	L	
	D	
F	B	
	L	
	D	
S	B	
	L	
	D	
S	B	
	L	
	D	

8 Glasses of Water each Day

The diagram illustrates the 8 glasses of water goal. It consists of two rows of glasses. The top row has four glasses labeled M, T, W, and T. The bottom row has three glasses labeled F, S, and S. Each glass is a simple trapezoid with a wavy line representing the water level. The background is a light blue gradient.

[illegible]

Weekly Meal Planner



○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
J F M A M J J A S O N D

Week #: _____

Monday	
B	
L	
D	
S	
W	

Tuesday	
B	
L	
D	
S	
W	

Wednesday	
B	
L	
D	
S	
W	

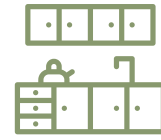
Thursday	
B	
L	
D	
S	
W	

Friday	
B	
L	
D	
S	
W	

Saturday	
B	
L	
D	
S	
W	

Sunday	
B	
L	
D	
S	
W	

Notes

[illegible]

T.M. Trainings, LLC

[illegible][illegible][illegible]

[illegible]

[illegible]

Breakfast Prep Plan

Date: _____ to _____



	Meal	Meal Prep
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Lunch Prep Plan

Date: _____ to _____



	Meal	Meal Prep
M		
T		
W		
T		
F		
S		
S		

Snack Prep Plan

Date: _____ to _____



	Snack	Snack Prep
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		

Dinner Prep Plan



Date: _____ to _____

	Meal	Meal Prep
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		



○ ○ ○ ○ ○ ○ ○
S M T W T F S

[illegible][illegible]

Grocery Shopping List



Date: _____

☐ S
 ☐ M
 ☐ T
 ☐ W
 ☐ T
 ☐ F
 ☐ S

Fruits & Vegetables
☐
☐
☐
☐
☐
☐
☐
☐

Meat & Poultry
☐
☐
☐
☐
☐
☐
☐
☐

Canned Goods
☐
☐
☐
☐
☐
☐
☐
☐

Fish & Frozen Goods
☐
☐
☐
☐
☐
☐
☐
☐

Spices & Condiments
☐
☐
☐
☐
☐
☐
☐
☐

Dairy
☐
☐
☐
☐
☐
☐
☐
☐

Others	
☐	☐
☐	☐
☐	☐
☐	☐

A stylized illustration of a bowl of spaghetti. The bowl is dark green and filled with yellow spaghetti. A wooden spoon is placed on the left side of the bowl. Surrounding the bowl are various vegetables: a green bell pepper, a green chili pepper, a green carrot, and two green mushrooms.

[illegible]

Amw!



Name: _____

Cooking Time:	Prep Time:
---------------	------------

Cooking Temp:	Serving:
---------------	----------

Ingredients List

[illegible]

Cooking & Prep Instructions

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.



Recipe Planner

Name: _____

Prep Time

Cooking Time

Cooking Temp

Servings

Difficulty	1	2	3	4	5
------------	---	---	---	---	---

Ingredients

[illegible]

How to / Preparations / Instructions

[illegible]

Food Diary



Breakfast	Fruits & Veggies	Amount	Calories
Lunch	Fruits & Veggies	Amount	Calories
Dinner	Fruits & Veggies	Amount	Calories
Snack 1		Amount	Calories
Snacks		Amount	Calories
Today's Workout	Vits & Supplements	Water Intake	
		Total Calories	

Food Journal



Breakfast

What I ate & drink?	Mood Before:	Cals	Carbs
		Fat	Sugar
	Mood After:	Protein	Fiber
Time:			

Lunch

What I ate & drink?	Mood Before:	Cals	Carbs
		Fat	Sugar
	Mood After:	Protein	Fiber
Time:			

Snack

What I ate & drink?	Mood Before:	Cals	Carbs
		Fat	Sugar
	Mood After:	Protein	Fiber
Time:			

Dinner

What I ate & drink?	Mood Before:	Cals	Carbs
		Fat	Sugar
	Mood After:	Protein	Fiber
Time:			

Water Intake



Vitamins/Supplements

--

Lunch Box Ideas *for Kids*



Grains & Proteins	Fruits	MON 
Vegetables	Others	

Grains & Proteins	Fruits	TUE 
Vegetables	Others	

Grains & Proteins	Fruits	WED 
Vegetables	Others	

Grains & Proteins	Fruits	THU 
Vegetables	Others	

Grains & Proteins	Fruits	FRI 
Vegetables	Others	

Notes

Beverages



Appetizers		Grocery List	
		☐	
		☐	
		☐	
		☐	
Main Dishes		☐	
		☐	
		☐	
		☐	
		☐	
Side Dishes		☐	
		☐	
		☐	
		☐	
		☐	
Breads/Salads		☐	
		☐	
		☐	
		☐	
		☐	
Desserts		☐	
		☐	
		☐	
		☐	
		☐	
Drinks/Beverages			



New Year's Eve Meal Plan

Starters	Grocery List
	☐
	☐
	☐
	☐
Main Dishes	☐
	☐
	☐
	☐
	☐
	☐
Side Dishes	☐
	☐
	☐
	☐
	☐
	☐
Breads/Salads	☐
	☐
	☐
	☐
	☐
	☐
Desserts	☐
	☐
	☐
	☐
	☐
	☐
Drinks/Beverages & Snacks	

Favorite GO TO Meals

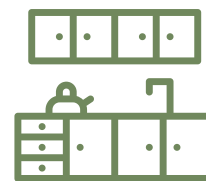


Meal:	Meal:	Meal:
Source:	Source:	Source:
Category:	Category:	Category:
Ingredients:	Ingredients:	Ingredients:
Notes	Notes	Notes

Meal:	Meal:	Meal:
Source:	Source:	Source:
Category:	Category:	Category:
Ingredients:	Ingredients:	Ingredients:
Notes	Notes	Notes



Kitchen Measurements Conversion Chart



Dry Measurements

	1/2 oz	1 oz	2 oz	3 oz	4 oz	8 oz	12 oz	16 oz
	↓	↓	↓	↓	↓	↓	↓	↓
	1 tbsp	2 tbsp	4 tbsp	6 tbsp	8 tbsp	16 tbsp	24 tbsp	32 tbsp
	↓	↓	↓	↓	↓	↓	↓	↓
	3 tsp	6 tsp	12 tsp	16 tsp	24 tsp	48 tsp	72 tsp	96 tsp
	↓	↓	↓	↓	↓	↓	↓	↓
	1/16 c	1/8 c	1/4 c	1/3 c	1/2 c	1 c	1 1/2 c	2 c
	↓	↓	↓	↓	↓	↓	↓	↓
	15 g	28 g	57 g	85 g	115 g	227 g	340 g	455 g

Liquid Measurements

	1/16 c	1/8 c	1/4 c	1/3 c	1/2 c	2/3 c	3/4 c	1 c
	↓	↓	↓	↓	↓	↓	↓	↓
	0.5 oz	1 oz	2 oz	2 2/3 oz	4 oz	5 1/3 oz	6 oz	8 oz
	↓	↓	↓	↓	↓	↓	↓	↓
	1 tbsp	2 tbsp	4 tbsp	5 tbsp + 1 tsp	8 tbsp	10 tbsp + 2 tsp	12 tbsp	16 tbsp
	↓	↓	↓	↓	↓	↓	↓	↓
	3 tsp	6 tsp	12 tsp	16 tsp	24 tsp	32 tsp	36 tsp	48 tsp
	↓	↓	↓	↓	↓	↓	↓	↓
	15 ml	30 ml	59 ml	79 ml	118 ml	158 ml	177 ml	240 ml

Egg Timer



Soft - 7 minutes
Medium - 9 minutes
Hard - 12 minutes

Abbreviations

c - cups
g - grams
ml - milliliters
tbsp - tablespoon
tsp - teaspoon
oz - ounce

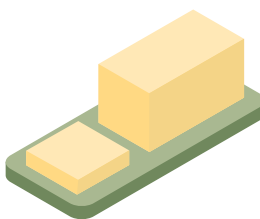
Oven Temperature	
Fahrenheit	Celsius
100 F	37 C
150 F	65 C
200 F	93 C
250 F	121 C
300 F	150 C
325 F	160 C
350 F	180 C
375 F	190 C
400 F	200 C
425 F	220 C
450 F	230 C
500 F	260 C
525 F	274 C
550 F	288 C

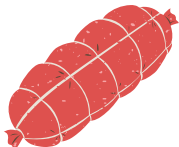
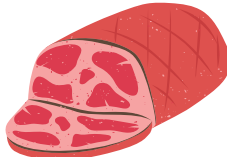


1 Cup Equivalent	
1 cup	= 8 fluid oz
1 cup	= 16 tbsp
1 cup	= 48 tsp
1 cup	= 1/2 pint
1 cup	= 1/4 quart
1 cup	= 1/16 gallon
1 cup	= 240 ml

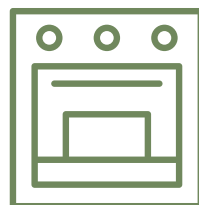


Butter	
1 cup	
2 sticks	
8 ounces	
230 grams	
8 tablespoons	



Meat Internal Temperature Guide		
	Steak / Beef (Rare)	125 F = 52 C
	Steak / Beef (Medium - Rare)	135 F = 57 C
	Steak / Beef (Medium)	145 F = 63 C
	Steak / Beef (Medium - Well)	150 F = 66 C
	Steak / Beef (Well done)	160 F = 71 C
	Chicken / Turkey	165 F = 74 C
	Ground Poultry	165 F = 74 C
	Pork, Veal, Lamb	145 F = 63 C
	Ham (precooked)	140 F = 60 C
	Fish & Shellfish	145 F = 63 C
	Egg Dishes	165 F = 74 C
	Leftovers / Casseroles	165 F = 74 C
	Stuffing / dressing	165 F = 74 C
	Holding temp for cooked food	140 F = 60 C

Baking Pan Conversion Chart



Recipe calls for	Volume	Equivalent
2 (8-in.) round cake pans 	8 cups (2L)	One 8-in. square pan One 9x5-in. loaf pan One 8-in. tube pan One 9-in. bundt pan 12 to 16 muffins (1/2 to 2/3 cup per muffin)
2 (9x1 1/2-in.) round cake pans 	12 cups (3L)	One 10-in. square pan Two 8x4-in. loaf pans One 9-in. tube pan One 10-in. bundt pan 18 to 24 muffins (1/2 to 2/3 cup per muffin)
9x5-in. loaf pan 	8 cups (2L)	One 8-in. square pan Two 8-in. round pans One 8-in. tube pan One 9-in. bundt pan 12 to 16 muffins (1/2 to 2/3 cup per muffin)
12-cup muffin pan 	6 cups (1.5L or 1/2 cup per muffin)	One 9x1 1/2 in. round pan One 8x4-in. loaf pan One 7-in. bundt pan One 7-in. springform pan
8-in. square pan 	8 cups (2L)	Two 8-in. round pans One 9x5-in. loaf pan One 8-in. tube pan One 9-in. bundt pan 12 to 16 muffins (1/2 to 2/3 cup per muffin)
13x9-in. rectangular pan 	14 cups (3.5L)	Two 9x2-in. round pans Two 8-in. square pans Two 9x5-in. loaf pans One 10-in. tube pan 21 to 28 muffins (1/2 to 2/3 cup per muffin)
10-in. bundt pan 	12 cups (3L)	Two 9x1 1/2-in. round pans Two 8x4-in. loaf pans One 10-in. square pan One 10-in. springform pan 18 to 24 muffins (1/2 to 2/3 cup per muffin)

The Healthy Food Pyramid



Fats, oils & confectionary

Meat, fish & alternatives



Milk, cheese & dairy



Fruits & vegetables

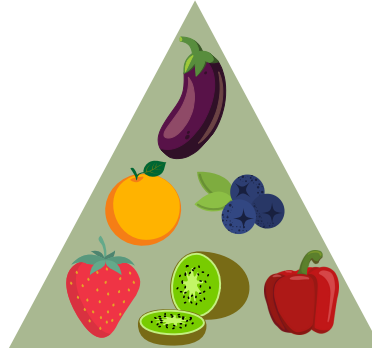


Rice, breads, pasta, potatoes & cereals

"Enjoy a variety of food and be healthy and active every day!"

The KETO Food Pyramid

Fruits &
vegetables



5%-10% Carbs

Meat,egg,
fish etc.

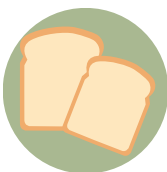


25%-30%
Protein



70%-80% Fats- Avocado, cheese, fish etc.

EXCLUDE:



Bread



Pasta



Sugar



Milk



Corn



Beans



Rice

Food Safety Tips at Home

Five food safety tips to exercise at home to make sure your whole family is happy and safe from food spoilage, contamination and poisoning.

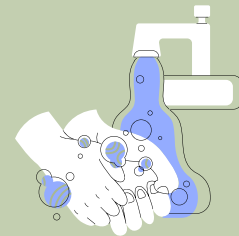


CLEAN & SANITIZE

- Thoroughly clean and sanitize all food contact surfaces and equipment before and after use.
- Use only the suggested level of cleaning and sanitizing solutions and protect the kitchen and food from insects, pests and other contaminants.

PERSONAL HYGIENE

- Wash hands thoroughly before handling food and often during food preparation.
- Use soap and warm water and dry thoroughly.



FOOD HANDLING

- Use separate utensils and kitchen tools for preparing raw and ready-to-eat foods.
- Ensure food is stored in covered containers.

COOKING

- Cook food to the recommended internal temperature.
- Reheat cooked food until steaming hot.



KEEP IT COOL, KEEP IT HOT!

- Keep cold foods at 41 F / 5 C or below
- Keep hot foods at 135 F / 60 C or above
- Storage areas must always be clean.

Some High Protein Food Sources



EGG
6.3g/50g



ALMONDS
6g/oz or 28.35g



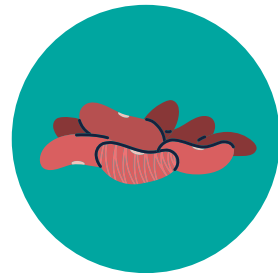
CHICKEN BREAST
26.7g/86g



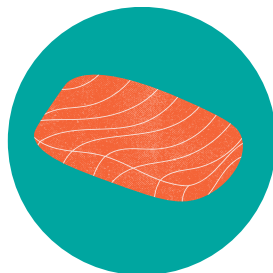
GREEK YOGURT
19.9g/200g or 7 oz



MILK
8.32g/246ml or 1 cup



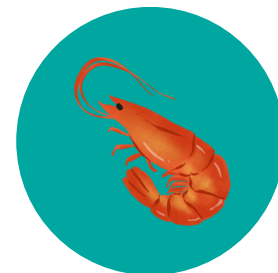
LENTILS
9.02g/100g



SALMON
30.5g/124g



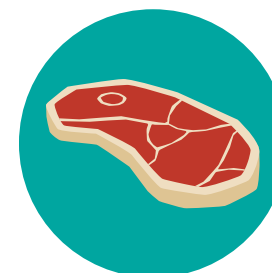
PUMPKIN SEEDS
8.8g/29.5g or 1/4 cup



SHRIMP
20.4g/85g



COTTAGE CHEESE
28g/226g or 1 cup

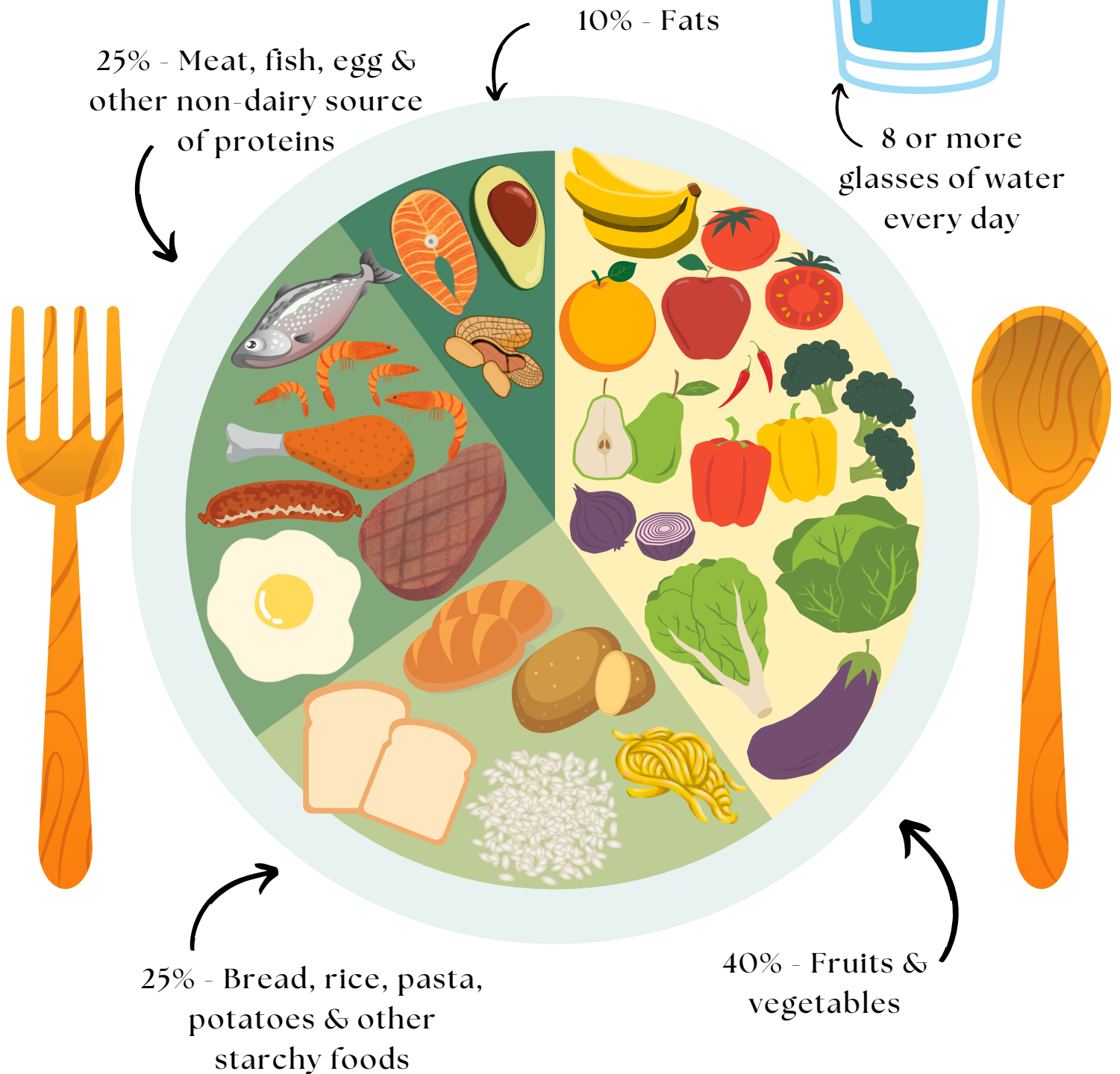


LEAN BEEF
24.6g/85g or 3 oz



PEANUT BUTTER
7.2g/32g or 2 tbsp

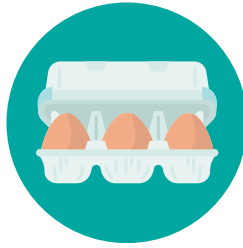
The Balanced Diet



Healthy, High-Calorie Foods



Avocado



Eggs



Nut Butters



Hummus



Milk



Chicken



Banana



Dark Chocolate



Yogurt



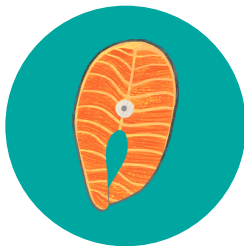
Cheese



Whole Wheat Bread



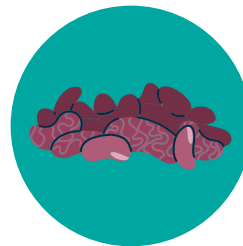
Granola



Salmon



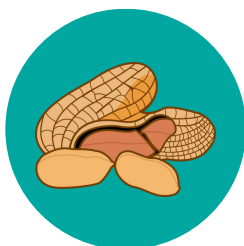
Whole Wheat Pasta



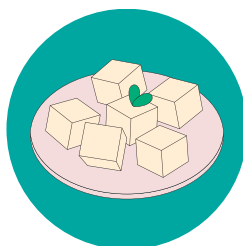
Beans



Potatoes



Nuts



Tofu



Olive Oil



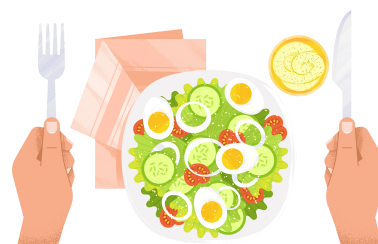
Oats

30 Days Healthy Meals Challenge



Reward to self:

16 Days Healthy Diet Challenge



Chew 30
times

Drink a
lot of
water

Eat six
small meals
a day

Eat more
fruits

Drink
herbal
tea

Don't eat
refined
sugar

Don't eat
processed
foods

Eat lean
meat

Eat
mindfully

Eat whole
carbs

Avoid
saturated
fats

Eat more
vegetables

Cook at
home

Make
homemade
food

Grocery
shop
mindfully

Don't eat
past 7 pm

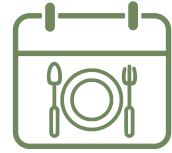
Reward to self:

Monthly Meal Planner



Sunday	Monday	Tuesday	Wednesday

Special ingredients:

[illegible]

Special ingredients:

Monthly Meal Planner



	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
SUN					
MON					
TUE					
WED					
THU					
FRI					
SAT					

Notes

Shopping List





Notes / Grocery List

March Meal Planner



SUN	MON	TUE	WED	THU	FRI	SAT

Notes / Grocery List



Notes / Grocery List

A red strawberry with green leaves and a yellow pineapple with green leaves.

[illegible]

Notes / Grocery List

TM
TRAININGS, LLC





Notes / Grocery List





Notes / Grocery List





December Meal Planner

SUN	MON	TUE	WED	THU	FRI	SAT

Notes / Grocery List
