

The Mindful Foodie Weekly Meal Planner



Date: _____

Dinner Plans	
Monday	Dish: _____ Main ingredients: _____ Vegetables: _____ Protein: _____ Carb: _____ Recipe source: _____
Tuesday	Dish: _____ Main ingredients: _____ Vegetables: _____ Protein: _____ Carb: _____ Recipe source: _____
Wednesday	Dish: _____ Main ingredients: _____ Vegetables: _____ Protein: _____ Carb: _____ Recipe source: _____
Thursday	Dish: _____ Main ingredients: _____ Vegetables: _____ Protein: _____ Carb: _____ Recipe source: _____
Friday	Dish: _____ Main ingredients: _____ Vegetables: _____ Protein: _____ Carb: _____ Recipe source: _____
Saturday	Dish: _____ Main ingredients: _____ Vegetables: _____ Protein: _____ Carb: _____ Recipe source: _____
Sunday	Dish: _____ Main ingredients: _____ Vegetables: _____ Protein: _____ Carb: _____ Recipe source: _____

Breakfast ideas

Lunch Ideas

Snack ideas	

Ingredients + preparation to make meals work for this week



Example of how to use the Weekly Meal Planner

Dinner Plans	
Monday	Dish: Stir fry Main ingredients: Vegetables: mushrooms, peppers, Asian greens, broccoli, carrots Protein: chicken Carb: brown rice Recipe source: Nil
Tuesday	Dish: Beetroot & broccoli frittata + green salad Main ingredients: Vegetables: beetroot, pumpkin, broccoli Protein: eggs Carb: pumpkin Recipe source: The Mindful Foodie blog
Wednesday	Dish: Fish curry, basmati rice, steamed greens Main ingredients: Vegetables: bok choy, broccoli Protein: rockling fish Carb: basmati rice Recipe source: The Mindful Foodie blog
Thursday	Dish: Baked quinoa risotto Main ingredients: Vegetables: broccoli, pumpkin, mushrooms Protein: chickpeas, quinoa Carb: chickpeas, quinoa Recipe source: The Mindful Foodie blog
Friday	Dish: Amaranth & vegetable soup Main ingredients: Vegetables: Kale, sweet potato, celery, mushrooms Protein: _____ Carb: amaranth Recipe source: The Mindful Foodie blog
Saturday	Dish: Going out for dinner Main ingredients: Vegetables: _____ Protein: _____ Carb: _____ Recipe source: _____
Sunday	Dish: Spiced adzuki bean & pumpkin soup + green salad Main ingredients: Vegetables: pumpkin, celery + green salad Protein: adzuki Carb: adzuki, pumpkin Recipe source: The Mindful Foodie blog

Breakfast ideas
List at least 3–4 meal breakfast ideas that you can rotate during the week, including left overs — like making a batch of porridge for 2–3 days of the week. Some good breakfast options are: <ul style="list-style-type: none"> • smoothies • healthy homemade pancakes • egg-y things – omelette with veggies, poached/boiled eggs • porridges – brown rice, quinoa, oats, amaranth • real bread with nut butter & some raw honey • homemade muesli with natural yoghurt • even dinner left overs!

Lunch Ideas
List at least 3–4 meal lunch ideas that you can rotate during the week, include dinner leftovers (look at your dinner plan to see what you can make in large amounts, like soups, curries casseroles, baked dishes)

Snack ideas
<ul style="list-style-type: none"> • nuts • homemade crackers with homemade dip • bliss balls • natural yoghurt with fruit & nuts • fruit & veggie slices with nut butter or dip

Ingredients + preparation to make meals work for this week
Have a prep day where you can prepare part of your meals for the week. In this section list the ingredients and dishes that will carry you throughout the week. Some examples: <ul style="list-style-type: none"> • Wash and dry your leafy greens so they're ready to use straight from the fridge • Cook enough brown rice (or any grain/legume) for 2 dinner meals & one lunch or breakfast — e.g. healthy fried rice for one night & have with a stir-fry or curry another night. For lunch, use it in a salad or sushi wraps, or make a brown rice porridge for breakfast • Make a dip, like hummus, to last you for snacks during the working week • Roast a pumpkin — it will keep in the fridge for 3–4 days. Use some in your brown rice salad & some to make a roast pumpkin soup.