

WEEKLY MEAL PLANNING TEMPLATE

Become A Personal Chef™ Resource Library

Section 1 — Weekly Overview

Client Name: _____

Week of: _____

Total Meals Planned: _____

Section 2 — Weekly Goals (Pick 1–3)

- Health-focused
 - Quick meals
 - Family-friendly
 - Low-cost
 - High-protein
 - Comfort food
 - Vegetarian / Plant-based
 - Anti-inflammatory
 - Meal prep / leftovers
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Section 3 — Menu Plan (Fill In)

Entrée #1: _____

Side: _____

Entrée #2: _____

Side: _____

Entrée #3: _____

Side: _____

Entrée #4: _____

Side: _____

Entrée #5: _____

Side: _____

Section 4 — Shopping List

Produce: _____

Protein: _____

Dairy: _____

Pantry: _____

Frozen: _____

Misc: _____

Section 5 — Prep Notes

- Allergies to consider: _____
- Adjustments requested: _____
- Items to use up in fridge: _____
- Client-specific quirks: _____

LOUIE'S REAL TALK

“A great chef plans once and cooks effortlessly. This page is your compass.”