

WEEKLY DINNER planner

Cuisine examples:

M O N D A Y

Cuisine

American
Crockpot Meal

Dinner:

T U E S D A Y

Cuisine

Mexican Dish

Dinner:

W E D N E S D A Y

Cuisine

Asian Dish

Dinner:

T H U R S A Y

Cuisine

Pasta Dish

Dinner:

F R I D A Y

Cuisine

Homemade Pizza
+ Fruit/Salad

Dinner:

S A T U R D A Y

Cuisine

OUT or Swap

Dinner:

S U N D A Y

Cuisine

BBQ Food

Dinner:

WEEKLY DINNER

planner

How to Use:

- These cuisine examples are to help you think of an easy, yummy meal within that group.
- I find that coming up with meal ideas can be overwhelming, but when you can narrow it down to a cuisine like Mexican, you can decide what to make based off of what sounds good. For example: tacos one week, another week carb balance quesadillas.
- This will help you on your weight loss journey as you plan ahead, think of meals that sound satisfying, and can also save money by thinking of items you have on hand to make a meal. Be sure to include your family and ask them what sounds good.
- Do not forget for weight loss, you want to focus on what sounds good and then make it weight loss friendly by adding in more veggies and more protein. Be sure to follow the plate method to real burn some fat!

Example:

M O N D A Y

Cuisine

American
Crockpot Meal

Dinner:

Chicken noodle crockpot soup with salad

