

MONTHLY MEAL PLAN TEMPLATE

Structured guide for balanced meals, simplifying weekly food planning.



MONTHLY MEAL PLAN

Select Month:

January [1]

WEEK 1	Day	BREAKFAST	LUNCH	DINNER	NOTES [2]
	Monday	Scrambled eggs	Grilled Chicken Salad	Grilled Salmon with veges	
	Tuesday	Toast with butter and jam	Vegetable Stir-Fry	Spaghetti Bolognese	
	Wednesday	Sausages or bacon	Caprese Sandwich	Roasted Vegetables	
	Thursday	Whole grain toast	Trail Mix	Chicken Fajitas	
	Friday	Spanish Omelette	Greek Yogurt with Fruit	Vegetable Curry with Rice	
	Saturday	Almond Milk Latte	Vegetable Sticks	Pesto Pasta with Cherry Tomatoes	
	Sunday	Fresh Fruit Salad	Popcorn	Mushroom Risotto	
WEEK 2	Day	BREAKFAST	LUNCH	DINNER	NOTES
	Monday	Croissant	Caprese Sandwich	Grilled Steak	
	Tuesday	Café au Lait	Quinoa Salad	Vegetarian Chili	
	Wednesday	Orange Mimosa	Grilled Chicken	Baked Potatoes	
	Thursday	Apple Juice	Mediterranean Bowl	Orange Mimosa	
	Friday	Toast with butter and jam	Greek Yogurt with Fruit	Apple Juice	
	Saturday	Sausages or bacon	Vegetable Sticks	Toast with butter and jam	
	Sunday	Whole grain toast	Popcorn	Sausages or bacon	
WEEK 3	Day	BREAKFAST	LUNCH	DINNER	NOTES
	Monday	Apple Juice	Trail Mix	Vegetable Stir-Fry	
	Tuesday	Toast with butter and jam	Pasta Primavera	Caprese Sandwich	
	Wednesday	Sausages or bacon	Grilled Chicken Salad	Grilled Steak	
	Thursday	Whole grain toast	Vegetable Stir-Fry	Vegetarian Chili	
	Friday	Toast with butter and jam	Caprese Sandwich	Baked Potatoes	
	Saturday	Sausages or bacon	Trail Mix	Orange Mimosa	
	Sunday	Whole grain toast	Pasta Primavera	Apple Juice	
WEEK 4	Day	BREAKFAST	LUNCH	DINNER	NOTES
	Monday	Scrambled eggs	Teriyaki Chicken Stir-Fry	Mushroom Risotto	
	Tuesday	Toast with butter and jam	Mushroom Risotto	Caprese Sandwich	
	Wednesday	Sausages or bacon	Caprese Sandwich	Caprese Sandwich	
	Thursday	Whole grain toast	Quinoa Salad	Quinoa Salad	
	Friday	Spanish Omelette	Grilled Chicken	Grilled Chicken	
	Saturday	Almond Milk Latte	Mediterranean Bowl	Mediterranean Bowl	
	Sunday	Fresh Fruit Salad	Greek Yogurt with Fruit	Greek Yogurt with Fruit	
WEEK 5	Day	BREAKFAST	LUNCH	DINNER	NOTES
	Monday	Sausages or bacon	Quinoa Salad	Grilled Salmon with veges	
	Tuesday	Whole grain toast	Grilled Chicken	Spaghetti Bolognese	
	Wednesday	Sausages or bacon	Caprese Sandwich	Roasted Vegetables	
	Thursday	Whole grain toast	Trail Mix	Quinoa Salad	
	Friday	Spanish Omelette	Greek Yogurt with Fruit	Grilled Chicken	
	Saturday	Almond Milk Latte	Vegetable Sticks	Mediterranean Bowl	
	Sunday	Fresh Fruit Salad	Popcorn	Greek Yogurt with Fruit	