

Weekly Meal Planner for Busy Moms

Plan your way to nourishing, stress-free meals all week long

Week of: _____







Name: _____

Weekly Nutrition Goals:

- ☐ Drink 8+ glasses of water daily
- ☐ Include protein with every meal
- ☐ Eat 5+ servings of vegetables daily

- ☐ Limit processed foods
- ☐ Prep meals in advance
- ☐ Other: _____

Meal Plan

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						
Lunch						
Dinner						
Snacks						
Water						
Self-Care						

Grocery List

Proteins	Fruits & Vegetables	Grains & Starches	Other Items
<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

Meal Prep Plan

Prep Day 1: _____

☐ _____

Prep Day 2: _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

Make-Ahead Breakfast Ideas	Quick Lunch Options	Emergency Dinner Backups
<div><input type="checkbox"/> _____</div> <div><input type="checkbox"/> _____</div> <div><input type="checkbox"/> _____</div> <div><input type="checkbox"/> _____</div>	<div><input type="checkbox"/> _____</div> <div><input type="checkbox"/> _____</div> <div><input type="checkbox"/> _____</div> <div><input type="checkbox"/> _____</div>	<div><input type="checkbox"/> _____</div> <div><input type="checkbox"/> _____</div> <div><input type="checkbox"/> _____</div> <div><input type="checkbox"/> _____</div>

Notes & Reflections

Quick Postpartum Nutrition Tips

- Aim for balanced meals with protein, complex carbs, healthy fats, and colorful veggies
- If breastfeeding, you need an extra 500 calories per day
- Prioritize one-handed snacks for feeding sessions
- Prep food when you have help so you have easy meals for later
- Stay hydrated - drink water each time you nurse or feed baby