

21 DAY FIX | WEEKLY MEAL PLAN TEMPLATE

Printable • Reusable • Beginner-Friendly

How to Use This Template

① Pick 2–3 simple meals per category. ② Fill in the week-at-a-glance grid below. ③ Track containers daily. ④ Build your grocery list. ⑤ Prep on Sunday — enjoy a stress-free week!

WEEK-AT-A-GLANCE (fill in your meals)

Week of: _____ Name: _____ Calorie Bracket: _____

MEAL	MON	TUE	WED	THU	FRI	SAT	SUN
Breakfast							
Lunch							
Dinner							
Snack 1							
Snack 2							

PORTION-CONTROL CONTAINER GUIDE

Container	Food Group	What goes in it	Daily Count
■ Green	Vegetables	Lowest cal, fill up freely	_____
■ Purple	Fruits	Natural sugars, eat daily	_____
■ Red	Protein	Chicken, fish, eggs, legumes	_____
■ Yellow	Carbs/Grains	Rice, pasta, bread, potatoes	_____
■ Blue	Healthy Fats	Avocado, cheese, nuts	_____
■ Orange	Dressings/Seeds	Oils, nut butters, seeds	_____
■ Teaspoon	Oils / PB	Measured condiments	_____

TOP TIPS FOR SUCCESS

✓	Plan Once a Week Spend 10–15 mins every Sunday filling your template.
✓	Keep Meals Simple Basic meals are easier to prep and stick with.
✓	Repeat Meals Repetition saves time and reduces decision fatigue.
✓	Prep in Advance Batch-cook proteins and grains on the weekend.
✓	Stay Hydrated Aim for 8 cups of water daily — track with circles above.

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	<p>Adjust, Don't Quit Life happens — update your plan instead of abandoning it.</p>
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DAILY MEAL PLANNER

Fill in your meals each day. Track water intake and jot notes below each day.

MONDAY	
Date: _____	
■ Breakfast	
■ Lunch	
■ Dinner	
■ Snack 1	
■ Snack 2	
■ Water (cups)	■ ■ ■ ■ ■ ■ ■ ■
■ Notes	

TUESDAY	
Date: _____	
■ Breakfast	
■ Lunch	
■ Dinner	
■ Snack 1	
■ Snack 2	
■ Water (cups)	■ ■ ■ ■ ■ ■ ■ ■
■ Notes	

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WEDNESDAY Date: _____	
■ Breakfast	
■ Lunch	
■ Dinner	
■ Snack 1	
■ Snack 2	
■ Water (cups)	■ ■ ■ ■ ■ ■ ■ ■
■ Notes	

THURSDAY Date: _____	
■ Breakfast	
■ Lunch	
■ Dinner	
■ Snack 1	
■ Snack 2	
■ Water (cups)	■ ■ ■ ■ ■ ■ ■ ■
■ Notes	

FRIDAY Date: _____	
■ Breakfast	
■ Lunch	
■ Dinner	
■ Snack 1	
■ Snack 2	
■ Water (cups)	■ ■ ■ ■ ■ ■ ■ ■
■ Notes	

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SATURDAY	
Date: _____	
■ Breakfast	
■ Lunch	
■ Dinner	
■ Snack 1	
■ Snack 2	
■ Water (cups)	■ ■ ■ ■ ■ ■ ■ ■
■ Notes	

SUNDAY	
Date: _____	
■ Breakfast	
■ Lunch	
■ Dinner	
■ Snack 1	
■ Snack 2	
■ Water (cups)	■ ■ ■ ■ ■ ■ ■ ■
■ Notes	

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■ _____	■ _____
■ _____	■ _____
	■ _____
	■ _____

Healthy Fats (Blue)	Other / Condiments
■ _____	■ _____
■ _____	■ _____
■ _____	■ _____
■ _____	■ _____
■ _____	■ _____
■ _____	■ _____

"Small steps, big results. Plan your meals, trust the process, and show up for yourself every day."