



# Food Journal

Sunday:  
Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

Snacks: \_\_\_\_\_

\_\_\_\_\_

Water: 8oz 8oz 8oz 8oz

8oz 8oz 8oz 8oz

Monday:  
Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

Snacks: \_\_\_\_\_

\_\_\_\_\_

Water: 8oz 8oz 8oz 8oz

8oz 8oz 8oz 8oz

Tuesday:  
Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

Snacks: \_\_\_\_\_

\_\_\_\_\_

Water: 8oz 8oz 8oz 8oz

8oz 8oz 8oz 8oz

Wednesday:  
Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

Snacks: \_\_\_\_\_

Water: 8oz 8oz 8oz 8oz

8oz 8oz 8oz 8oz

Thursday:  
Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

Snacks: \_\_\_\_\_

Water: 8oz 8oz 8oz 8oz

8oz 8oz 8oz 8oz

Friday:  
Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

Snacks: \_\_\_\_\_

Water: 8oz 8oz 8oz 8oz

Saturday:  
Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

Snacks: \_\_\_\_\_

Water: 8oz 8oz 8oz 8oz

8oz 8oz 8oz 8oz



# Meal Planning

**Breakfasts (# \_\_\_\_):**

Recipe: \_\_\_\_\_

Ingredients \_\_\_\_\_

Recipe: \_\_\_\_\_

Ingredients \_\_\_\_\_

**Lunches (# \_\_\_\_):**

Recipe: \_\_\_\_\_

Ingredients \_\_\_\_\_

Recipe: \_\_\_\_\_

Ingredients \_\_\_\_\_

**Dinners (# \_\_\_\_):**

Recipe: \_\_\_\_\_

Ingredients \_\_\_\_\_

Recipe: \_\_\_\_\_

Ingredients \_\_\_\_\_

**Snacks (# \_\_\_\_):**

Recipe: \_\_\_\_\_

Ingredients \_\_\_\_\_

Recipe: \_\_\_\_\_

Ingredients \_\_\_\_\_





**PILL BOX**

PHARMACY

# Grocery Shopping

|                    |                          |                               |
|--------------------|--------------------------|-------------------------------|
| <b>Vegetables</b>  | <b>Fruit</b>             | <b>Misc. Produce Items</b>    |
| <b>Deli</b>        | <b>Canned Goods</b>      | <b>Baking Supplies/Spices</b> |
| <b>Snacks</b>      | <b>Condiments</b>        | <b>Meat</b>                   |
| <b>Frozen Food</b> | <b>Cleaning Supplies</b> | <b>Personal Care</b>          |
| <b>Drinks</b>      | <b>Dairy</b>             | <b>Other</b>                  |