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WEEKLY MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
LUNCH					
DINNER					
SNACKS					



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## GROCERY LIST

### MEATS

- Ex: Ground Turkey (1 lb)

### VEGGIES

- Ex: Avocado (3)

### OTHER

- Ex: Taco Seasoning



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## PREP DAY TIPS

- Ex: Hard boil 4 eggs, peel and store.

## WEEKLY INSPO

**FOCUS/GOALS FOR THE WEEK:**

Ex: clearing clutter

**REMINDER:** Saturday and Sunday aren't included because Saturday should be your treat meal/leftover day and Sunday should be prep day-eat as you go! Every time I plan for every single day, I have WAY too much food and the grocery bill is too high. Try this!