

Weekly Meal Planning Template

Printable weekly meal-planning worksheet for calories, protein targets and repeatable meals.

Day	Breakfast	Lunch	Dinner	Protein focus
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

How to use this printable

Repeatable meals beat random perfection. Build a simple week first, then adjust portions.

For a personalised estimate, use the linked calculator and compare the result with your real-world trend over time.

Related tools

Meal Calorie Calculator: <https://tools.layna.com.au/nutrition/meal-calorie-calculator/>

How To Build A Balanced Meal: <https://tools.layna.com.au/blog/how-to-build-a-balanced-meal/>

Meal Prep For Fat Loss: <https://tools.layna.com.au/blog/meal-prep-for-fat-loss/>

Important: This resource is general information only. It is not medical, nutrition, financial, tax, accounting or legal advice.