

flexible menu plan



PRODUCTIVE MAMA
MORE FOR YOU. MORE FOR YOUR FAMILY.



Dates:

Use this menu for one week and all meals and snacks (each meal gets a block under each day). OR use this for an entire month of meals (all meals in each block). Make it work for YOU!

Monday 1st	Tuesday 2nd	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
breakfast	dinner: protein side veggie	to buy	morning prep	b: l: d:	d: other meals:	d: prep/to do:	
lunch	breakfast ideas	prep steps	dinner				
dinner	lunch ideas	breakfast	breakfast				
snacks/desserts	prep steps	lunch	lunch				
prep/to-do	to buy	dinner	projects/ bulk cooking				

