

THE SIMPLE SLIM KITCHEN

Meal Planning Toolkit

Printable planners, grocery lists, meal-prep checklists, trackers, inventory sheets, and reflection pages.

Weekly planners	Grocery lists
Meal-prep checklists	Daily trackers
Pantry/fridge inventory	Reflection pages

Use this toolkit alongside your Simple Slim Kitchen plan to turn recipes into simple weekly action steps.

How To Use This Toolkit

Print the pages you need, or duplicate them digitally. The goal is progress and consistency, not perfection.

■ Choose your meals for the week	■ Build your grocery list
■ Prep 2-3 helpful ingredients	■ Track simple daily habits
■ Review what worked	■ Repeat the meals you enjoyed

Tip: Start with just one planner page and one grocery list. Add more tracking only if it helps you stay organized.

Weekly Meal Planner

Plan meals in advance and leave room for flexibility.

Day	Breakfast	Lunch	Dinner	Snack/Prep Note
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Top 3 prep tasks this week	Meals to repeat next week

Grocery List Template

Organize your shopping before you go.

Produce	Protein	Pantry
Dairy / Alternatives	Frozen	Extras
Budget target	Estimated total	Notes

Meal Prep Checklist

Pick a few tasks that make your week easier.

<input type="checkbox"/> Wash and chop vegetables	<input type="checkbox"/> Cook a protein option
<input type="checkbox"/> Prepare a grain or potato base	<input type="checkbox"/> Portion snacks
<input type="checkbox"/> Make one sauce or dressing	<input type="checkbox"/> Pack 2 lunches
<input type="checkbox"/> Freeze one backup meal	<input type="checkbox"/> Clean and organize containers
<input type="checkbox"/> Check pantry staples	<input type="checkbox"/> Plan a simple backup dinner
<input type="checkbox"/> Prep breakfast option	<input type="checkbox"/> Set reminders for shopping

This week I will prep	When I will prep

Daily Meal Tracker

Use this page for one day. Duplicate or print more as needed.

Meal	What I ate	Notes / hunger / energy
Breakfast		
Lunch		
Dinner		
Snack		

<input type="checkbox"/> Planned ahead	<input type="checkbox"/> Drank water
<input type="checkbox"/> Ate slowly	<input type="checkbox"/> Included protein
<input type="checkbox"/> Included vegetables/fruit	<input type="checkbox"/> Stopped before overfull

Water & Habit Tracker

Track simple habits for one week.

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Water goal							
Planned meal							
Protein with meal							
Vegetables/fruit							
Walk or movement							
Sleep routine							
Prep task done							

Weekly note	

Pantry, Fridge & Freezer Inventory

Check what you already have before buying more.

Pantry staples	Fridge items	Freezer items
Use first this week	Need to buy	Can skip buying

Recipe Favorites Sheet

Keep track of meals you want to repeat.

Recipe / meal	What I liked	Changes for next time

My top 3 repeat meals

Craving Notes Sheet

Use this as a non-judgmental reflection tool.

Time / situation	What I wanted	What helped	Next time I can try

Reminder: cravings are normal. This page is for awareness, not guilt.

30-Day Consistency Tracker

Mark each day you used one helpful habit from your plan.

Day 1 ■	Day 2 ■	Day 3 ■	Day 4 ■	Day 5 ■	Day 6 ■
Day 7 ■	Day 8 ■	Day 9 ■	Day 10 ■	Day 11 ■	Day 12 ■
Day 13 ■	Day 14 ■	Day 15 ■	Day 16 ■	Day 17 ■	Day 18 ■
Day 19 ■	Day 20 ■	Day 21 ■	Day 22 ■	Day 23 ■	Day 24 ■
Day 25 ■	Day 26 ■	Day 27 ■	Day 28 ■	Day 29 ■	Day 30 ■

Best habit this month	Meal I want to repeat

Shopping Budget Planner

Plan the week before you shop.

Category	Planned amount	Actual amount	Notes
Produce			
Protein			
Pantry			
Dairy / alternatives			
Snacks / extras			
Total			

■ Use pantry first	■ Plan leftovers
■ Buy frozen backup items	■ Avoid shopping hungry
■ Keep a simple snack option	■ Choose 2 repeat meals

Sunday Prep Planner

Use any day of the week - Sunday is just a simple reset point.

Step	Plan
Meals to prepare	
Ingredients to chop	
Protein to cook	
Sauce/dressing to make	
Snacks to portion	
Containers needed	

One thing that will make this week easier

Weekly Progress Reflection

A simple review helps you repeat what worked.

Question	Notes
What meals worked well?	
What felt difficult?	
What can I simplify next week?	
What should I repeat?	
What is one small goal for next week?	

This toolkit is for general educational and organizational purposes only. It is not medical advice and does not guarantee any specific result.

Bonus: Mix & Match Meal Builder

Build meals from simple components.

Protein	Vegetable / fruit	Carb / base	Sauce / flavor

Favorite combinations to repeat