

PREP. EAT. ENJOY. REPEAT.



MEAL PLANNING TEMPLATE from your friends at **grass run farms**[®]
100% grass fed beef

MONDAY

B _____

L _____

D _____

S _____

TUESDAY

B _____

L _____

D _____

S _____

WEDNESDAY

B _____

L _____

D _____

S _____

THURSDAY

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FRIDAY

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SATURDAY

B _____

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S _____

SUNDAY

B _____

L _____

D _____

S _____

SHOPPING LIST

 PROTEIN

 DAIRY

 GRAINS

 PRODUCE

 OTHER