

Weekly Meal Planning Template



Better
Nutrition



More
Variety



Less
Stress



PEAS & HOPPINESS



Meal Planning Template



Hey there!

I'm Ann Kent, a Registered Dietitian and mom. Between my small business, two busy boys, and that elusive self-care, I know how challenging it can be to get a healthy meal on the table.

BUT I also know how important it is to have dinner as a family.

If you're ready to take the overwhelm out of mealtime, you're in the right place!

Follow me online, on Instagram or Facebook for cooking tips, nutrition inspiration, and yummy recipes:

 www.PeasAndHoppiness.com

 [@peasandhoppiness](https://www.instagram.com/peasandhoppiness)

 [facebook.com/peasandhoppiness](https://www.facebook.com/peasandhoppiness)

[Learn More about the Peas & Hoppy Meal Guides](#)

Helping Busy Families Make Mealtime Easier

Are you ready to get out of the rut of the same meals every week - without spending tons of time searching for recipes?

The Peas & Hoppy Meal Guide Membership was made with you in mind!

Every week, members get 10 fresh meal ideas, planned using seasonal produce so you can enjoy the tastiest, most nutritious, and affordable veggies all year-round.

Customize your Meal Guide every week by substituting meals from our database of over 800 dietitian-approved recipes, which automatically updates the made-for-you grocery list. It's all easily accessible from our mobile app!

Enjoy spending less time worrying about dinner and more time with the people and passions you care about.

*Life's too Short
for Bad Food*

Read on for your Meal Planning Template to get dinner on the table!





WEEKLY MEAL PLAN

	SUN	MON	TUE	WED	THURS	FRI	SAT
Events							
# of eaters							
Daily Menu Protein Carb Veggie							
Leftovers?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

BREAKFAST OPTIONS

LUNCH OPTIONS

SNACK OPTIONS

Make mealtime easier with our customizable meal planning service.
Start a FREE trial of the Peas & Hoppy Meal Guides at www.PeasAndHoppiness.com

