

WEEKLY INTENTIONAL MEAL PLANNING WORKSHEET

Embrace the journey of intentional living through mindful nourishment. This worksheet is a guide to help you create your own meal plan for all 7 days of the week, aligning with your values, desires, and connection to the universe. It's simple because the best way to begin is simple.

Monday:

- Breakfast: _____
- Lunch: _____
- Dinner: _____

Tuesday:

- Breakfast: _____
- Lunch: _____
- Dinner: _____

Wednesday:

- Breakfast: _____
- Lunch: _____
- Dinner: _____

Thursday:

- Breakfast: _____
- Lunch: _____
- Dinner: _____

Friday:

- Breakfast: _____
- Lunch: _____
- Dinner: _____

Saturday:

- Breakfast: _____
- Lunch: _____
- Dinner: _____

Sunday:

- Breakfast: _____
- Lunch: _____
- Dinner: _____

NOTES

- Reflect on your intentions and how each meal can align with your values.
- Consider using fresh and wholesome ingredients that resonate with your soul.
- Allow the process of cooking and eating to be a mindful practice, connecting with the present moment.
- Feel free to add snacks or additional meals as needed.

May this worksheet guide you on your next step to a more intentional life.

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