

Free 30-Day Meal Plan for Weight Loss

A printable planner designed to help you stay consistent, healthy, and confident.

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How to Use This Planner

Each day includes space for Breakfast, Lunch, Dinner, Snacks, Water Tracker, and Notes. Use this planner to stay mindful of your meals and hydration. You can write down calories, or simply focus on building healthy habits one day at a time.

Tip: Progress, not perfection — every healthy choice counts!

Week 1 Meal Planner

Day	Breakfast	Lunch	Dinner	Snacks	Water (8 Glasses)	Notes
Day 1					■ ■ ■ ■ ■ ■ ■ ■	
Day 2					■ ■ ■ ■ ■ ■ ■ ■	
Day 3					■ ■ ■ ■ ■ ■ ■ ■	
Day 4					■ ■ ■ ■ ■ ■ ■ ■	
Day 5					■ ■ ■ ■ ■ ■ ■ ■	
Day 6					■ ■ ■ ■ ■ ■ ■ ■	
Day 7					■ ■ ■ ■ ■ ■ ■ ■	

Weekly Grocery List - Week 1

[illegible]

Week 2 Meal Planner

Day	Breakfast	Lunch	Dinner	Snacks	Water (8 Glasses)	Notes
Day 1					■ ■ ■ ■ ■ ■ ■ ■	
Day 2					■ ■ ■ ■ ■ ■ ■ ■	
Day 3					■ ■ ■ ■ ■ ■ ■ ■	
Day 4					■ ■ ■ ■ ■ ■ ■ ■	
Day 5					■ ■ ■ ■ ■ ■ ■ ■	
Day 6					■ ■ ■ ■ ■ ■ ■ ■	
Day 7					■ ■ ■ ■ ■ ■ ■ ■	

Weekly Grocery List - Week 2

[illegible]

Week 3 Meal Planner

Day	Breakfast	Lunch	Dinner	Snacks	Water (8 Glasses)	Notes
Day 1					■ ■ ■ ■ ■ ■ ■ ■	
Day 2					■ ■ ■ ■ ■ ■ ■ ■	
Day 3					■ ■ ■ ■ ■ ■ ■ ■	
Day 4					■ ■ ■ ■ ■ ■ ■ ■	
Day 5					■ ■ ■ ■ ■ ■ ■ ■	
Day 6					■ ■ ■ ■ ■ ■ ■ ■	
Day 7					■ ■ ■ ■ ■ ■ ■ ■	

Weekly Grocery List - Week 3

[illegible]

Week 4 Meal Planner

Day	Breakfast	Lunch	Dinner	Snacks	Water (8 Glasses)	Notes
Day 1					■ ■ ■ ■ ■ ■ ■ ■	
Day 2					■ ■ ■ ■ ■ ■ ■ ■	
Day 3					■ ■ ■ ■ ■ ■ ■ ■	
Day 4					■ ■ ■ ■ ■ ■ ■ ■	
Day 5					■ ■ ■ ■ ■ ■ ■ ■	
Day 6					■ ■ ■ ■ ■ ■ ■ ■	
Day 7					■ ■ ■ ■ ■ ■ ■ ■	

Weekly Grocery List - Week 4

[illegible]

Motivation & Reflection

Remember, small steps lead to big results. Consistency is the real magic of transformation. Take a few minutes to write what you learned this month and how you feel about your progress.

If you found this planner helpful, consider supporting us — Buy Me a Coffee ■

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