





# Meal Planning Templates

I've included a variety of meal and menu planning templates to help inspire and organise you to be more mindful around your food and take stress off your plate.

Choose what works for you, or pop into your favourite stationary store and see what they have on offer.

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**Calm Mind  
Academy**



# How should your plate look?

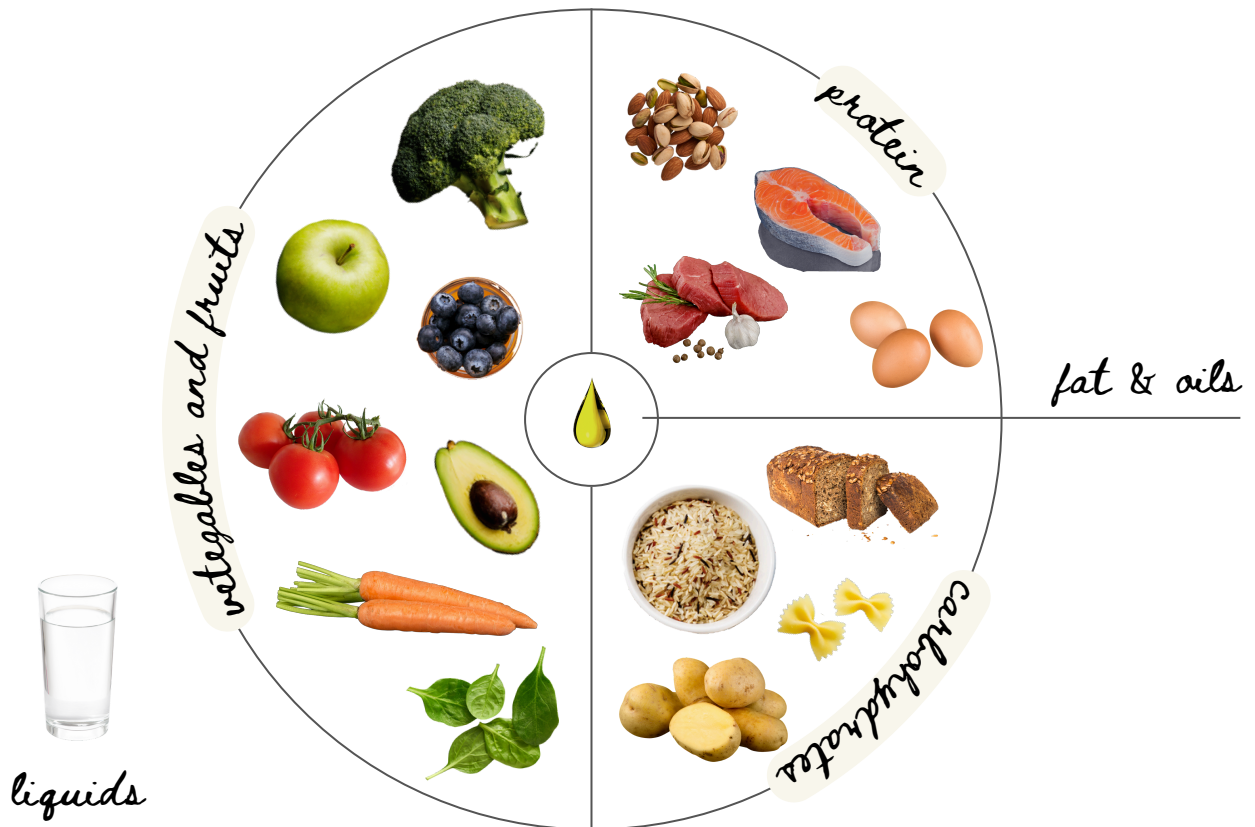
When you're dealing with stress and anxiety, what you eat directly affects how you feel. Creating balanced meals with these four components helps stabilise your blood sugar, support your nervous system, and give you sustained energy throughout the day.

## VEGETABLES & FRUITS

Fill half your plate with colourful vegetables and fruits. These provide vitamins, minerals, and antioxidants that help your body manage stress and reduce inflammation. The fibre also keeps your blood sugar stable, which prevents energy crashes and anxiety spikes.

## PROTEIN

Include a palm-sized portion of protein with every meal. Protein provides amino acids that your brain needs to produce calming neurotransmitters like serotonin and GABA. It also keeps you feeling full and satisfied, preventing the stress of constant hunger and cravings.



## CARBOHYDRATES

Choose whole grain carbohydrates like brown rice, quinoa, oats, or sweet potato to fill about a quarter of your plate. Complex carbs provide steady energy and help your body produce serotonin, which naturally calms your nervous system. Avoid refined carbs that cause blood sugar spikes and crashes.

## FATS & OILS

Include healthy fats like olive oil, avocado, nuts, seeds, or fatty fish. These fats are essential for brain health and help reduce inflammation in your body. They also help you absorb vitamins and keep you satisfied after meals, reducing stress-driven snacking.

## LIQUIDS

Drink plenty of water throughout the day, aiming for 2 litres. Dehydration increases cortisol levels and can make anxiety worse. Herbal teas like chamomile or peppermint can also support relaxation and digestion.

# Daily Food & Mood

Today's Date:

Breakfast

Drinks & Snacks

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Lunch


Dinner


Mood around food











Today I Am Feeling...

# Prep Day Checklist

## How Meal Prep Takes Stress Off Your Plate

When you're busy, stressed, exhausted, or dealing with health challenges, the last thing you want to think about is *what's for dinner?* Meal prep means you make decisions once and eat well all week without the daily stress of figuring out what to cook.

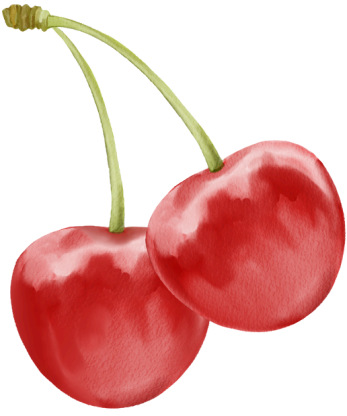
Prepping ahead prevents you from reaching hunger level 10 and grabbing whatever's easiest (usually unhealthy). It means you always have nourishing food ready when your body needs it. This one practice can completely transform your relationship with food.

## YOUR STEP-BY-STEP PREP DAY

- Choose your prep day and block out 2-3 hours: Pick a day when you have time and energy.
- Review your meal plan for the week: Look at what you're making and decide what can be prepped ahead.
- Gather all recipes and ingredients: Get everything you need out so you're not searching mid-prep.
- Clear and clean your workspace: A clean kitchen makes the process less overwhelming.
- Put on music or a podcast you enjoy: Make this time pleasant, not a chore.
- Cook grains and proteins that take longest: Rice, quinoa, chicken, roasted vegetables - these can be batch cooked.
- Prep breakfast components: Overnight oats, egg muffins, smoothie packs - whatever makes mornings easier.
- Portion snacks into containers: Cut up vegetables, portion nuts, prep fruit - so healthy snacks are grab-and-go.
- Label everything with dates: Know what needs eating first and what keeps longer.
- Clean as you go: Leaving yourself with a mess at the end is less fun.
- Celebrate - you've taken stress off your plate! You just made your entire week easier. Well done!

## What to Prep

- Proteins: Grilled chicken, hard boiled eggs, cooked beans, roasted tofu
- Grains: Rice, quinoa, pasta, couscous
- Vegetables: Roasted vegetables, chopped salad ingredients, steamed broccoli
- Breakfasts: Overnight oats, egg muffins, smoothie packs
- Snacks: Cut vegetables with hummus, portioned nuts, washed fruit



*The best gift of eating mindfully  
isn't just enjoying your meal more*

*It's putting you in charge of  
your choices & taking stress off  
your plate*



# Weekly Meal Planning

## Stay Nourished, Stay Healthy

### Before you plan:

Take a moment to check in with yourself and your week ahead.

*What does my body need this week?*

Think about your energy levels, stress levels, health goals, and what would feel nourishing

*What's realistic for my energy and time this week?*

Be honest about how much cooking you can actually handle

*Which meals can I prep ahead to reduce stress?*

Identify 2-3 meals you can batch cook or prep components for

*What would make eating feel easier and more enjoyable this week?*

Maybe having snacks ready, prepping breakfast, or having one night as leftovers

### Mindful Eating Intention for the Week

What's one small thing you want to focus on this week to eat more mindfully?

Examples: Eating breakfast sitting down, putting my phone away during lunch, checking in with my hunger scale before snacking, eating the first three bites of dinner mindfully

### My intention:



# Weekly Meal Planner

Monday

Date: \_\_\_\_\_

Tuesday

Date: \_\_\_\_\_

Wednesday

Date: \_\_\_\_\_



Thursday

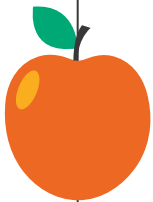
Date: \_\_\_\_\_

Friday

Date: \_\_\_\_\_

Saturday

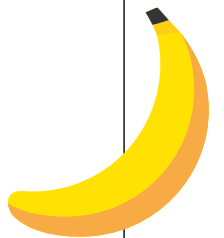
Date: \_\_\_\_\_



Sunday

Date: \_\_\_\_\_

Note:



# *weekly meal* PLANNER

Week of: \_\_\_\_\_

Dates: \_\_\_\_\_

	Breakfast	Lunch	Dinner	Snacks
Monday				

	Breakfast	Lunch	Dinner	Snacks
Tuesday				

	Breakfast	Lunch	Dinner	Snacks
Wednesday				

	Breakfast	Lunch	Dinner	Snacks
Thursday				

	Breakfast	Lunch	Dinner	Snacks
Friday				

	Breakfast	Lunch	Dinner	Snacks
Saturday				

	Breakfast	Lunch	Dinner	Snacks
Sunday				



Notes:

\_\_\_\_\_

# MEAL PLANNER

# Weekly

WEEK \_\_\_\_\_

MONTH \_\_\_\_\_

**MONDAY**

**SATURDAY**

**TUESDAY**

**SUNDAY**

**WEDNESDAY**

**SHOPPING LIST**

**THURSDAY**








**FRIDAY**

- \_\_\_\_\_
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# WEEKLY MEAL PLAN

*"Stay Nourished, Stay Healthy"*

<b>Monday</b> 	<b>Goals</b>
B	
L	
D	
<b>Tuesday</b> 	<b>Grocery List</b>
B	• ..... • .....
L	• ..... • .....
D	• ..... • .....
<b>Wednesday</b> 	• ..... • .....
B	• ..... • .....
L	• ..... • .....
D	• ..... • .....
<b>Thursday</b> 	• ..... • .....
B	• ..... • .....
L	• ..... • .....
D	• ..... • .....
<b>Friday</b> 	<b>Snacks</b>
B	
L	
D	
<b>Saturday</b> 	<b>Notes</b>
B	
L	
D	
<b>Sunday</b> 	
B	
L	
D	