Always Hungry?

Supplemental Materials
Appendix 3

Weekly Worksheets

1. Weekly Meal Planning Worksheet, 42
2. Weekly Prep Worksheet, 43
This template has the same format as the completed Week At-A-Glance menus accompanying the meal plans provided in Phase 1 (2 weeks) and Phase 2 (1 week). Use it together with the Weekly Prep Worksheet to plan your own meals after your third week on the program.

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<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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</table>
WEEKLY PREP WORKSHEET

Use this worksheet (together with the Weekly Meal Planning Worksheet) to prep your own meals after your third week on the program.

Date: ____________

Sauces
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Snacks/Roasted Nuts & Seeds
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Ingredients to Prep (Proteins, Grains, Soups, etc., to use throughout the week)
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Casseroles or other complete meals to use this week or to freeze
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Weekly “Big Why” Reminder or Inspiring Affirmation
________________________________________________________________________
________________________________________________________________________
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