

Always Hungry?

Supplemental Materials

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Appendix 3

WEEKLY WORKSHEETS

1. Weekly Meal Planning Worksheet, **42**
2. Weekly Prep Worksheet, **43**

WEEKLY MEAL PLANNING WORKSHEET

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>
Prep:						
<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>
<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>
Prep:						

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
