

Weekly Meal Planning Sheet

Keep your choices, checked details and unanswered questions together.

Week and practical meal goal

Breakfast idea and needed ingredients

Lunch idea and needed ingredients

Dinner idea and needed ingredients

Protein and energy-source choices

Vegetables, fruit and fat sources to buy

Preparation, storage and allergy checks

What worked, what to adjust, and questions

Meal ideas are illustrative; portions and medical dietary needs vary.

This worksheet does not estimate testosterone or diagnose a deficiency.

Follow food-safety instructions and any prescribed dietary plan.