

Seven-day meal planning canvas

Arrange four meal slots, portions, daily totals and realistic alternatives.

01 / Understand the starting point

Start with your busiest days and plan those meals first. Choose breakfast, lunch, dinner and a snack only where they match your eating pattern; four slots are an organizational tool.

02 / Make the useful distinction

Add recipes to the chosen day and slot. A slot may hold multiple items. Inspect per-serving values before adjusting servings, then compare the full day with your saved targets.

03 / Put it into practice

Repeat a convenient meal where useful and vary proteins, produce and textures across the week. Leave room for preferences and social meals rather than making the plan brittle.

04 / Review and adapt

Create the shopping list after portions are settled. Check ingredients already at home and choose a backup meal for a missed shop. Save a reusable template only after the week is practical.

Original education and planning material. Sources support the general context; sample schedules and worksheets are editorial applications, not tested individual prescriptions.

Put the guide to work.

A worked example, then your own next step.

A practical example

Plan two breakfasts, two lunches and three dinners that can be repeated in different combinations. Add one pantry fallback. Review Wednesday's total before changing portions across every day.

Your decisions

What task or goal do I want to improve?

What is my starting point and what remains uncertain?

Which detail changes my next useful action?

What would make the action easier to repeat?

When will I review it, and what would require earlier help?

Use the platform

Training: compare programs and technique guides. Daily: generate a session or arrange a week. Planner: calculate targets and select meals. Progress: record completed work. Learn: return to clinical reading when symptoms need professional assessment.

Your working record.

Printable worksheet; use the companion CSV for an editable version.

Day and slot	Recipe / items	Servings	Estimated daily totals	Backup meal

Evidence and original clinical reading

<https://www.foodsafety.gov/keep-food-safe/4-steps-to-food-safety>

This original workbook is free to keep and use. The source provides background reading; examples are practical frameworks to adapt. Individual medical and nutrition needs require suitable professional advice.