GLP1NERDS / BLANK FOOD PLANNER

Make the next meal workable

Plan food, shopping and preparation with your existing care instructions.
Use the space for your own choices and one question to discuss.

Meal or snack I want to plan

Foods I already have

What I need to get or prepare

One question for my care team

Next step I want to take

This sheet does not set portions, calorie goals or nutrition targets.

Keep medical questions with the qualified professional responsible for your care.