

## EN · ENGLISH

MEMBER NAME

WEEK OF

HOUSEHOLD / SERVES

PARTNER / CAREGIVER (optional)

WEEKLY BUDGET

## HOW TO USE THIS PLAN

- 1 Fill in the top — member name, week, household.
- 2 Work the Prep-Ahead Checklist before the week starts.
- 3 Fill in each meal per day on the grid.
- 4 Check the box when you eat each meal.
- 5 Track hydration daily (10 boxes ≈ 80 oz).
- 6 Pair with the Whann Garcia Grocery Game Plan.

## ES · ESPAÑOL

NOMBRE DEL MIEMBRO

SEMANA DE

HOGAR / PORCIONES

PAREJA / CUIDADOR (opcional)

PRESUPUESTO SEMANAL

## CÓMO USAR ESTE PLAN

- 1 Llena la parte superior — nombre, semana, hogar.
- 2 Trabaja la Lista de Preparación antes de la semana.
- 3 Escribe cada comida de cada día en la cuadrícula.
- 4 Marca la casilla cuando comas.
- 5 Registra la hidratación diaria (10 casillas ≈ 80 oz).
- 6 Combina con el Plan de Compras de Whann Garcia.

## EN · ENGLISH

### PREP-AHEAD CHECKLIST

- ☐ Hard-boil a dozen eggs
- ☐ Pre-portion nuts & seeds
- ☐ Wash & bag fresh produce
- ☐ Fill 2× reusable water bottles; refrigerate
- ☐ Pre-cook chicken / turkey / beans
- ☐ Portion oatmeal or overnight-oats jars
- ☐ Prep fruit cups for grab-and-go
- ☐ Verify Rx refills for the week

### HYDRATION GOAL

Target ~80–100 oz/day. One box per 8-oz cup:

|     |                          |                          |                          |                          |                          |                          |                          |                          |                          |                          |
|-----|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| MON | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| TUE | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| WED | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| THU | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| FRI | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| SAT | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| SUN | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

### WELLNESS TIPS

- Protein + fiber before sugar — steadier energy.
- Watch sodium: read nutrition labels carefully.
- Hydrate before caffeine — coffee dehydrates.
- Move 5 min every hour if you sit for work.
- Keep a shelf-stable backup meal at home.

## ES · ESPAÑOL

### LISTA DE PREPARACIÓN

- ☐ Hervir una docena de huevos duros
- ☐ Porcionar nueces y semillas
- ☐ Lavar y embolsar verduras frescas
- ☐ Llenar 2 botellas reutilizables; refrigerar
- ☐ Pre-cocinar pollo, pavo o frijoles
- ☐ Porcionar avena o frascos de avena nocturna
- ☐ Preparar vasos de fruta para llevar
- ☐ Verificar surtido de recetas de la semana

### META DE HIDRATACIÓN

Meta ~80–100 oz/día. Una casilla por vaso de 8 oz:

|     |                          |                          |                          |                          |                          |                          |                          |                          |                          |                          |
|-----|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| LUN | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| MAR | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| MIÉ | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| JUE | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| VIE | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| SÁB | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| DOM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

### CONSEJOS DE BIENESTAR

- Proteína + fibra antes del azúcar — energía estable.
- Cuida el sodio: lee las etiquetas con atención.
- Hidrátate antes del café — el café deshidrata.
- Muévete 5 min cada hora si trabajas sentado.
- Guarda una comida de respaldo no perecedera en casa.

## EN · ENGLISH

| DAY | BREAKFAST<br><i>morning start</i> | LUNCH<br><i>midday meal</i> | DINNER<br><i>evening meal</i> | SNACKS<br><i>throughout day</i> |
|-----|-----------------------------------|-----------------------------|-------------------------------|---------------------------------|
| MON | <input type="checkbox"/>          | <input type="checkbox"/>    | <input type="checkbox"/>      | <input type="checkbox"/>        |
| TUE | <input type="checkbox"/>          | <input type="checkbox"/>    | <input type="checkbox"/>      | <input type="checkbox"/>        |
| WED | <input type="checkbox"/>          | <input type="checkbox"/>    | <input type="checkbox"/>      | <input type="checkbox"/>        |
| THU | <input type="checkbox"/>          | <input type="checkbox"/>    | <input type="checkbox"/>      | <input type="checkbox"/>        |
| FRI | <input type="checkbox"/>          | <input type="checkbox"/>    | <input type="checkbox"/>      | <input type="checkbox"/>        |
| SAT | <input type="checkbox"/>          | <input type="checkbox"/>    | <input type="checkbox"/>      | <input type="checkbox"/>        |
| SUN | <input type="checkbox"/>          | <input type="checkbox"/>    | <input type="checkbox"/>      | <input type="checkbox"/>        |

## ES · ESPAÑOL

| DÍA | DESAYUNO<br><i>inicio del día</i> | ALMUERZO<br><i>comida del mediodía</i> | CENA<br><i>comida de la noche</i> | BOTANAS<br><i>durante el día</i> |
|-----|-----------------------------------|----------------------------------------|-----------------------------------|----------------------------------|
| LUN | <input type="checkbox"/>          | <input type="checkbox"/>               | <input type="checkbox"/>          | <input type="checkbox"/>         |
| MAR | <input type="checkbox"/>          | <input type="checkbox"/>               | <input type="checkbox"/>          | <input type="checkbox"/>         |
| MIÉ | <input type="checkbox"/>          | <input type="checkbox"/>               | <input type="checkbox"/>          | <input type="checkbox"/>         |
| JUE | <input type="checkbox"/>          | <input type="checkbox"/>               | <input type="checkbox"/>          | <input type="checkbox"/>         |
| VIE | <input type="checkbox"/>          | <input type="checkbox"/>               | <input type="checkbox"/>          | <input type="checkbox"/>         |
| SÁB | <input type="checkbox"/>          | <input type="checkbox"/>               | <input type="checkbox"/>          | <input type="checkbox"/>         |
| DOM | <input type="checkbox"/>          | <input type="checkbox"/>               | <input type="checkbox"/>          | <input type="checkbox"/>         |