

5-Day Lunch Planner

Plan quick, balanced lunchboxes for the week

BentoMatrix (mix 1+1+1):

Carbs: rice, pasta, tortilla, crackers, couscous, potatoes

Protein: chicken, tuna, eggs, tofu, beans, cheese, yogurt

Crisp/Fresh: cucumbers, carrots, apples, berries, salad

	Main	Fruit/Veg	Protein	Crunchy	Drink	Notes
Mon						
Tue						
Wed						
Thu						
Fri						

Weekly Grocery List

Check what you need for this week's lunches

Produce

- ☐ Apples
- ☐ Bananas
- ☐ Berries
- ☐ Cucumbers
- ☐ Carrots
- ☐ Lettuce/greens

Proteins

- ☐ Chicken
- ☐ Tuna
- ☐ Eggs
- ☐ Tofu
- ☐ Beans
- ☐ Cheese
- ☐ Yogurt

Grains & Carbs

- ☐ Bread
- ☐ Tortillas
- ☐ Rice
- ☐ Pasta
- ☐ Crackers
- ☐ Couscous

Snacks

- ☐ Nuts/Trail mix
- ☐ Granola bars
- ☐ Popcorn
- ☐ Pretzels
- ☐ Rice cakes

Dairy

- ☐ Milk
- ☐ Greek yogurt
- ☐ String cheese

Pantry

- ☐ Peanut/Almond butter
- ☐ Hummus
- ☐ Olive oil
- ☐ Spices
- ☐ Jam/Spread

Drinks

- ☐ Water
- ☐ Juice boxes
- ☐ Milk boxes

Gear

- ☐ Bento box
- ☐ Snack cups (23-oz)
- ☐ Food jar/thermos
- ☐ Ice packs