

Migraine Savvy Meal Planner

Weekly Meal Planner

Week of: _____

Weather Forecast: _____

Stress Level Expected: Low Medium High

Overall Energy Level Expected: Low Medium High

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Energy Level Expected: Low Medium High

Schedule Demands: Light Moderate Heavy

Breakfast: _____

Lunch: _____

Snacks: _____

Dinner: _____

Notes and Prep for Tomorrow:

Migraine Savvy Meal Planner

Pre-Planning Checklist

- Check weather forecast (for weather-sensitive planning)
- Review upcoming schedule for high-stress days
- Check pantry staples
- Inventory freezer meals
- Plan quick-assembly meals for busy days

Sunday Prep Checklist

Morning Tasks (1-2 hours)

- Make bone broth
- Prep breakfast components:
 - Cook quinoa/wild rice base
 - Wash and portion fruits
 - Activate nuts
 - Pack smoothie bags
- Prepare emergency supplies:
 - Package broth portions
 - Assemble quick-grab snacks
 - Prepare electrolyte drinks

Afternoon Tasks (2-3 hours)

- Prep protein options:
 - Cook chicken breasts
 - Prepare fish portions
 - Make bean/legume base
 - _____
- Prep vegetables:
 - Wash and cut raw veggies
 - Roast vegetable batches
 - Make salad bases
 - _____

Weekly Meal Planner

Week of: _____

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Stress Level Expected: Low Medium High

Overall Energy Level Expected: Low Medium High

Weekday → _____

Energy Level Expected: Low Medium High

Schedule Demands: Light Moderate Heavy

Breakfast: _____

Lunch: _____

Snacks: _____

Dinner: _____

Notes and Prep for Tomorrow:

Emergency Meal Kit Checklist

Ready-to-Eat Items:

- Frozen bone broth portions - Location: _____
- Pre-portioned smoothie packs - Location: _____
- Activated nuts in small portions - Location: _____
- Electrolyte drink mix - Location: _____

Quick Assembly Meals:

- Option 1: _____
- Option 2: _____
- Option 3: _____

Seasonal Meal Ideas

Summer Plan

Focus: Cooling, Hydrating Foods

- | Breakfast Options: | Lunch/Dinner Options: | Snack Options: |
|-----------------------|------------------------|----------------------------|
| - Scrambled eggs | - Cold protein salads | - Frozen fruit portions |
| - Smoothie variations | - Roast veggie salads | - Veggie sticks and hummus |
| - Cold chia puddings | - Chilled buddha bowls | - Protein energy balls |

Winter Plan

Focus: Warming, Nourishing Foods

- | Breakfast Options: | Lunch/Dinner Options: | Snack Options: |
|--------------------|-----------------------|----------------------|
| - Hot grain bowls | - Healing soups | - Warm bone broth |
| - Warm smoothies | - Warm buddha bowls | - Roasted nuts |
| - Avocado egg cups | - Roasted vegetables | - Baked apple slices |

Weekly Shopping List

Pantry Staples

Grains & Bases:

- Quinoa
- Wild Rice
- Gluten-free oats

Oils & Fats:

- Coconut oil
- Avocado oil
- Macadamia oil

Nuts & Seeds:

- Activated walnuts
- Chia seeds
- Flax seeds

Seasonings:

- Sea salt
- Turmeric
- Ginger

Fresh Items

Proteins:

- Wild-caught fish
- Organic chicken
- Organic eggs

Vegetables:

- Leafy greens
- Low-histamine vegetables
- Roasting vegetables

Fruits:

- Berries
- Low-sugar fruits
- Lemons/limes

Batch Cooking Ideas

Monthly Prep

Freezer Meals (Make 2-3 of each):

- Bone broth portions
- Soup bases
- Protein portions
- Emergency meals

Storage Instructions:

- Label with date and contents
- Note reheating instructions
- Seal airtight if possible to avoid freezer burn

Recipe Scaling Guide

Basic Recipe × 3:

Original Amount × 3 = New Amount

Cooking Time: Usually +50%

Storage Method: _____

Use By Date: _____

Daily Response Tracking

Date: _____

Weather: _____

Sleep Quality: Poor Fair Good Excellent

Meal Responses

Breakfast - Time: ____:____

Foods eaten: _____

Response*: _____

Lunch - Time: ____:____

Foods eaten: _____

Response*: _____

Dinner - Time: ____:____

Foods eaten: _____

Response*: _____

Additional Notes:

Energy levels: _____

Symptoms: _____

Potential triggers: _____

*note length of time to noticeable response as well.