

WEEKLY MEAL PLANNER

Plan simple meals, save time, and shop with a list
PLAN YOUR MEALS • PREPARE YOUR SHOPPING • REDUCE WASTE

WEEK OF	PEOPLE TO FEED	BUDGET	CURRENCY
FOOD GOAL / NOTES			

7-DAY MEAL PLAN

Write meal ideas for each day

DAY	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

GROCERY SHOPPING LIST

Check items as you buy

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MEAL PREP & REMINDERS

Plan ahead

Prep on:	
Defrost / thaw:	
Use leftovers:	
Pack lunches:	
Other reminder:	

PANTRY CHECK & WEEKLY SPENDING

Use first:	Shopping estimate:	Actual spent:
Leftovers to use / items running low:		

TIP: Check what you already have before shopping, and plan flexible meals for busy days.