WEEKLY MEAL PLANNER

Plan simple meals, make a focused shopping list, and reduce weekday guesswork.

WEEK OF: _____ HOUSEHOLD: _____

WEEKLY MEAL PLAN

Day	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

PREP AHEAD

Task	Notes
Wash / chop vegetables	
Cook grains / basics	
Defrost / marinate	
Pack snacks / lunches	

GROCERY SHOPPING LIST

Take this list with you and tick items as you shop.

Vegetables & fruit

Item	Quantity	Done
		■
		■
		■

Dairy & chilled

Item	Quantity	Done
		■
		■
		■

Grains & bakery

Item	Quantity	Done
		■
		■
		■

Protein

Item	Quantity	Done
		■
		■
		■

Pantry & spices

Item	Quantity	Done
		■

		■
		■

Snacks & drinks

Item	Quantity	Done
		■
		■
		■

Household

Item	Quantity	Done
		■
		■
		■

BUDGET & NOTES

Planned grocery budget: _____ Actual spend: _____
Meals to repeat next week: _____