Weekly Meal Planner

Plan the week once, shop once, and skip the daily "what's for dinner?".

Week of _____

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Prep ahead (weekend)

Use up first / leftovers

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Grocery List

Sorted by store section, so you walk through the store once.

Shopping day _____ Budget _____

Produce

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Frozen

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Meat & fish

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Drinks

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Dairy & eggs

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Household & cleaning

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Bakery & bread

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Personal care

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Pantry & canned

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Other

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

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