# 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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