

WEEKLY MEAL PLANNER

What's for dinner? Sorted!

Week of: _____

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

GROCERY LIST

Shop once, stress less

PRODUCE

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

MEAT & SEAFOOD

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DAIRY & EGGS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PANTRY

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FROZEN

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

BAKERY & BREAD

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

HOUSEHOLD

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

OTHER

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

MEAL IDEAS & RECIPES

Keep your favorites in one place

FAMILY FAVORITES

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

NEW RECIPES TO TRY

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

PANTRY STAPLES TO RESTOCK

- | | | |
|--|--|--|
| ☐ Rice | ☐ Pasta | ☐ Flour |
| ☐ Sugar | ☐ Olive oil | ☐ Salt & pepper |
| ☐ Canned tomatoes | ☐ Broth | ☐ Beans |
| ☐ Oats | ☐ Peanut butter | ☐ Spices |
| ☐ _____ | ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ | ☐ _____ |