

Weekly Meal Planner

Plan it once, shop once, cook calmer, waste less all week.

WEEK OF _____
SERVINGS / NIGHT _____

Jot a meal in each box, then build your grocery list on page 2 from what you wrote here.

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	Monday DATE _____	Tuesday DATE _____	Wednesday DATE _____	Thursday DATE _____	Friday DATE _____	Saturday DATE _____	Sunday DATE _____
Breakfast MORNING							
Lunch MIDDAY							
Dinner EVENING							
Snacks ANYTIME							

Plan-Ahead Checklist

before you shop

- ☐ Check the calendar for busy nights
- ☐ Shop the fridge & pantry first
- ☐ Note meals that reuse the same items
- ☐ Plan 1-2 leftover / repeat meals
- ☐ Add a flexible "anything" night
- ☐ Pick one prep-ahead session

Dinner Idea Bank

stuck? pull from here

Notes & Reminders

this week

DINNERS PLANNED _____

LEFTOVER / REPEAT NIGHTS _____

EAT-OUT / TAKEOUT NIGHTS _____

GROCERY BUDGET _____

Grocery List & Prep Plan

Built from your week, sorted by aisle so you shop once and skip nothing.

STORE _____

SHOP DAY _____

Check the box once an item's in the cart. Group your route by section to move through the store fast.

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Produce

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

Meat & Seafood

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

Dairy & Eggs

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

Pantry & Dry Goods

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

Frozen

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

Bakery & Bread

☐	_____
☐	_____
☐	_____
☐	_____

Household & Other

☐	_____
☐	_____
☐	_____
☐	_____

Prep & Cook Ahead

one session

- | | |
|--------------------------|------------------------------|
| ☐ | Wash & chop veg for the week |
| ☐ | Cook a grain / batch of rice |
| ☐ | Marinate or portion proteins |
| ☐ | Make a sauce or dressing |
| ☐ | Portion snacks & lunches |

Use-It-Up Tracker

plan leftovers so nothing spoils

MON	_____
TUE	_____
WED	_____
THU	_____
FRI	_____

Menu Notes

swaps · sides · reminders

ITEMS ON LIST _____

PREP SESSION DATE _____

ESTIMATED TOTAL _____

BUDGET LEFT _____