Weekly Meal Planner

Plan the week here, then use page 2 to shop

WEEK OF

	BREAKFAST	LUNCH	DINNER	PREP AHEAD
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Shopping list

Tick each item off as it goes in the cart

PRODUCE

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

PROTEIN

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

DAIRY & EGGS

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

PANTRY & GRAINS

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

FROZEN

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

HOUSEHOLD & OTHER

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

ALREADY HAVE

Check the fridge and pantry first, so you do not buy it twice

Prep day plan

One short cooking session makes the whole week easier

SUNDAY PREP CHECKLIST		
☐	Wash and chop vegetables for the week	20 min
☐	Cook a big batch of rice, pasta or potatoes	25 min
☐	Cook one protein: chicken, beans or ground beef	30 min
☐	Make one sauce or dressing	10 min
☐	Portion lunches into containers	15 min
☐	Wash fruit and set up grab-and-go snacks	10 min
☐		_____ min
☐		_____ min

The suggested tasks add up to about 1 h 50 min. Use the blank lines for your own.

LEFTOVERS TO USE

DINNER IDEAS BANK	Meals your family likes
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

BUDGET FOR THE WEEK

$ _____

ACTUAL SPENT

$ _____

Want the complete set?

Complete Meal Planning Kit

25 pages - coming soon

Planned for the complete kit:

- A monthly overview page
- Recipe cards
- A pantry inventory
- A budget tracker

All free printables, anytime:

printly-plans.pages.dev

Your free pages are yours to print as often as you like, for personal use.