Weekly Meal Plan

Week of: _____

Day	Breakfast	Lunch	Dinner	Snacks
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Prep ahead: _____

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Grocery List

Shop by store section

Produce

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

Meat and fish

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

Dairy and eggs

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

Bread and bakery

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

Pantry

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

Frozen

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

Snacks and drinks

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

Household

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

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Dinner Plan + Prep

One cook, many meals

Day	Dinner	Prep step	Leftovers for
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Use it up first (food already in the fridge)

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