PLAN MEALS, SHOP ONCE, COOK WITH LESS STRESS

Meal & Grocery Planner

Weekly and monthly meal plans, grocery lists, pantry and freezer inventory,
recipe cards and meal prep pages. Organizing only, not medical advice.

US Letter · Free sample

Name / household

Starting week

Weekly grocery budget

WEEKLY

Weekly Meal Plan (1 of 2)

Week

Week of

Budget this week

Events or busy days

Theme or focus

Day	Breakfast	Lunch	Dinner	Snacks / notes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Prep to do ahead

Leftovers to use up

GROCERY

Grocery List (1 of 2)

Shopping trip

Date

Store

Budget

Coupons / notes

Produce

Meat, fish, eggs

Dairy and alternatives

Bread and bakery

Pantry and cans

Frozen

Snacks and drinks

Household and other