

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 ofEvents or busy days

Budget this weekTheme or focus

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

Prep to do ahead

Leftovers to use up

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