Meal Planner

Plan the week once, shop once, stop asking 'what's for dinner?'

How to use: fill the Weekly Meal Plan on Sunday (10 minutes). The grocery list writes itself as you plan — group it by aisle on the Grocery List page. Keep the Pantry & Freezer inventories current and you'll stop buying a fourth jar of cumin. Recipe cards hold the family favourites.

This week's plan — EXAMPLE — one day filled in

Day	Dinner	Prep / notes
Monday	Tacos + rice	Thaw beef Sun night
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Weekly Meal Plan — week of: _____

Day	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Monthly Meal Plan — month: _____

MON	TUE	WED	THU	FRI	SAT	SUN

Write the date in the corner and the dinner in the box. Breakfasts and lunches can ride on leftovers.

Grocery List — by aisle

Produce

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

Meat & deli

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

Dairy & eggs

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

Bakery

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

Frozen

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

Pantry / canned

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

Household

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

Grocery List — blank week

- [ ]
- [ ]
- [ ]
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Pantry Inventory

Item	Have	Running low?	Notes

Freezer Inventory

Item	Date frozen	Use by / notes

Recipe Cards (1–2)

Cut along the middle line, or keep whole in the binder.

Recipe: _____ **Serves:** _____ **Time:** _____

Ingredients:

Steps:

Recipe: _____ **Serves:** _____ **Time:** _____

Ingredients:

Steps:

Recipe Cards (3–4)

Cut along the middle line, or keep whole in the binder.

Recipe: _____ **Serves:** _____ **Time:** _____

Ingredients:

Steps:

Recipe: _____ **Serves:** _____ **Time:** _____

Ingredients:

Steps:

Meal-Prep Sunday

Two hours on Sunday, five easy weeknights.

- [ ] Wash & chop vegetables for the week
- [ ] Cook a big batch of rice / grains
- [ ] Cook or marinate proteins for Mon–Wed
- [ ] Portion snacks & lunches
- [ ] Make one sauce or dressing
- [ ] Check the plan against what's actually in the fridge
- [ ] Move Thursday/Friday proteins to the fridge to thaw (set a phone reminder)

Prep notes