

Weekly Meal Planner

DAY	BREAKFAST	LUNCH	DINNER	SNACK
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				


Grocery List

 Produce

-
-
-
-
-
-
-

 Fruit

-
-
-
-
-
-
-

 Dairy & eggs

-
-
-
-
-
-
-

 Meat & fish

-
-
-
-
-
-
-

 Bakery


-
-
-
-
-
-
-

 Pantry

-
-
-
-
-
-
-

 Frozen

-
-
-
-
-
-
-

 Other

-
-
-
-
-
-
-

Monthly Dinners

SUN	MON	TUE	WED	THU	FRI	SAT

Meal-Prep Planner

Batch cook

- _____
- _____
- _____
- _____
- _____
- _____

Prep ahead

- _____
- _____
- _____
- _____
- _____
- _____

Proteins & mains

- _____
- _____
- _____
- _____
- _____
- _____

Sides, veg & snacks

- _____
- _____
- _____
- _____
- _____
- _____

CONTAINER / DISH	PORTIONS	STORE	USE BY

Recipe Cards

Write out your favourites, then cut along the dashed lines for your recipe box.

Recipe _____			
Serves _____	Prep _____	Cook _____	Temp _____
INGREDIENTS		METHOD	
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Recipe _____			
Serves _____	Prep _____	Cook _____	Temp _____
INGREDIENTS		METHOD	
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____