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Weekly Meal Planner



Plan your week, shop smarter, waste less - with grocery list and food budget.

Print at 100% scale on A4 paper

Weekly Meal Planner

Week of: _____

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

Grocery List

Fruit & Vegetables

☐☐☐☐☐☐

Bakery

☐☐☐

Pantry & Dry Goods

☐☐☐☐☐☐

Household

☐☐☐☐

Dairy & Eggs

☐☐☐☐

Meat & Fish

☐☐☐☐

Frozen

☐☐☐

Weekly Food Budget

Week of: _____

Category	Planned €	Actual €	Difference
Fruit & Vegetables			
Dairy & Eggs			
Bakery			
Meat & Fish			
Pantry & Dry Goods			
Frozen			
Household			
Eating out			
Other			
TOTAL			

Money-saving idea for next week:

Favourite Recipes

Recipe name: _____ Time: _____ Serves: _____

Recipe name: _____ Time: _____ Serves: _____

