

Weekly Meal Planner

Breakfast · Lunch · Dinner

Day	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Family Meal Planner

Adds snacks + leftovers tracking

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

Grocery List

Pairs with the weekly planner

- Produce — fruits and vegetables
- Proteins — meat, fish, eggs, tofu
- Dairy — milk, cheese, yogurt
- Pantry — grains, pasta, canned goods
- Frozen — vegetables, fruit, easy dinners
- Snacks — kid-approved
- Drinks — water, juice, milk
- Bakery — bread, tortillas
- Spices and condiments
- Household — paper towels, soap

Meal Plan Prep Checklist

The Sunday 30 minutes that saves the week

- Check the calendar for late nights this week
- Look at what's already in the fridge
- Pick three dinners you can definitely cook
- Pick two lazy nights (leftovers, takeout, freezer)
- Plan breakfasts that don't need cooking
- Pick lunches that survive a backpack
- Write the grocery list
- Order groceries or schedule a pickup
- Prep one component (rice, sauce, chopped veg)
- Tape the meal plan to the fridge

Build Your Own Meal Plan

Blank planner — fill in your own meals and labels

Day				