

Weekly meal planner

Blank manual worksheet. Use your own amounts and dates. US Letter, landscape.

WEEK START / END

HOUSEHOLD / DIETARY NEEDS

TIME / BUDGET LIMITS

Each meal: write the food and number of people eating from home. Mark meals supplied elsewhere as OUT. Plan snacks separately from meals.

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

Source meal + date	Prep / eat now / set aside (portions)	Target meal + date	Storage action

Leftover portions need a planned destination and safe storage. Consult the linked guide for USDA storage guidance; this plan is not a safety check.

Meal plan to shopping list

Blank manual worksheet. Use your own amounts and dates. US Letter, landscape.

WEEK / SHOPPING DATE

PLAN CHANGES / PEOPLE

COST LIMIT / CHECKOUT ESTIMATE

Keep the same unit in each row. Needed minus stock available to this plan = amount to buy, minimum 0. Record whole-pack leftovers separately.

Ingredient / unit	Needed	Available stock	Buy / pack size	New pack remainder	Planned use / storage

ACTUAL SPEND

CHANGED MEALS / NEXT ACTION

NEXT REVIEW DATE