FREE FILLABLE PRINTABLE

Free Meal Planner and Grocery List

Plan a week of meals, shop from one list, and keep track of what's already in the pantry and freezer.

WHAT'S INSIDE

- **Weekly meal plan: breakfast, lunch, dinner and snacks for 7 days**
- **Grocery list sorted by section**
- **Two recipe cards**
- **Pantry and freezer inventory**
- **Go-to meals for busy nights**

HOW TO PRINT

5 pages after this one. Print only the ones you need.

Choose 'Actual size' (100%) in the print dialog, not 'Fit to page'.

Card stock makes cards sturdier and easier to reuse.

Every writing line is fillable: type in Adobe Acrobat Reader, Preview on a Mac or a browser, save, then print.

WANT THE FULL SET?

The Home Planning Bundle adds a meal planner spreadsheet that builds the grocery list for you, plus a budget binder, workout tracker and job search tracker.

Get the full set

Instant download at contentcrib.studio

Free for your own personal, family and classroom use. Please don't resell, share or upload the file. Questions: hello@contentcrib.studio

WEEKLY MEAL PLAN

Week 1

Week of _____

	BREAKFAST	LUNCH	DINNER	SNACKS
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

PREP AHEAD ★

Chop, cook or thaw before the week.

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

USE UP FIRST

What is already in the fridge?

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

THIS WEEK

FOOD BUDGET _____

SPENT _____

EATING OUT _____

NEW RECIPE TRIED ☐

GROCERY LIST

List 1

Shop date _____

STORE	BUDGET	SPENT

PRODUCE

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

MEAT & FISH

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

DAIRY & EGGS

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

BAKERY

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

PANTRY & TINS

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

FROZEN

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

DRINKS

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

SNACKS

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

HOUSEHOLD

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

OTHER

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

Cards 1 and 2

RECIPE 1

SERVES | PREP | COOK | OVEN | SOURCE

INGREDIENTS

METHOD

RATING ☆ ☆ ☆ ☆ ☆ MAKE AGAIN ☐ FREEZES WELL ☐

RECIPE 2

SERVES | PREP | COOK | OVEN | SOURCE

INGREDIENTS

METHOD

RATING ☆ ☆ ☆ ☆ ☆ MAKE AGAIN ☐ FREEZES WELL ☐

PANTRY AND FREEZER

What you have

Checked on _____

FREEZER

ITEM	QTY	USE BY	LOW
			☐

FRIDGE

ITEM	QTY	USE BY	LOW
			☐

PANTRY

ITEM	QTY	USE BY	LOW
			☐

WEEKS
SHOPPING
RECIPES
PANTRY
IDEAS

★ TIP Check this page before you write the grocery list. Plan one dinner around what needs using.

GO-TO MEALS

Quick ideas for busy nights

15-MINUTE DINNERS

Eggs, stir-fries, quesadillas, pasta.

COOK ONCE, EAT TWICE

Soups, chili, roast chicken, curries.

EVERYONE WILL EAT IT

The no-arguments list.

FROM THE FREEZER

What can go straight in the oven?

LUNCHES

Lunchbox and desk ideas.

SNACKS AND SWEETS

Fruit, bakes, something for after school.