

Weekly Meal Planner + Grocery List

Plan the week on the left, build the shopping list on the right – one sheet, one trip.

WEEK OF

BUDGET

The week

DAY	DINNER	SIDE
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Shopping list

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Lunches

Write the meals first, then read across them to build the list. Doing it the other way round is how you end up with three cabbages.