

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

☐	_____	☐	_____
☐	_____	☐	_____
☐	_____	☐	_____
☐	_____	☐	_____
☐	_____	☐	_____
☐	_____	☐	_____
☐	_____	☐	_____
☐	_____	☐	_____
☐	_____	☐	_____
☐	_____	☐	_____

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.