

FREE PRINTABLE • PLANNER

Weekly Meal + Task Combo

Dinner and the day's tasks side by side – the page most households actually need.

WEEK OF

GROCERY DAY

BUDGET

DAY	DINNER	TASKS & APPOINTMENTS
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Shopping list

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

Prep ahead

☐ _____
☐ _____
☐ _____
☐ _____
☐ _____