

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

- ☐
- ☐
- ☐
- ☐
- ☐