

Weekly Meal Planner

Plan seven dinners, build a grocery list, and keep prep notes in one place.



WEEKLY MEALS

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

GROCERY LIST

☐ Produce

☐ Protein

☐ Dairy

☐ Pantry

☐ Frozen

☐ Extras

PREP NOTES

Jot prep reminders, swaps, or repeat hits.