WEEKLY MEAL PLANNER

Week of: [date]

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Notes	*[Leftovers night, who is home when, what to prepare ahead]*

The shopping list is on the second sheet (tab "Shopping list").

SHOPPING LIST

Type x in "Have it?" for things you already have. They are left out of "Still to buy".

Item	Section	Quantity	Have it? (x)	Est. price

Total	**0.00**
Still to buy	**0.00**