Weekly meal planner

Check the calendar first. Plan the hardest nights first.

Week of _____

Day	Kind of night	Dinner	Prep / who's cooking
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

GROCERY LIST

PRODUCE

MEAT & SEAFOOD

DAIRY & EGGS

BAKERY

PANTRY

FROZEN

HOUSEHOLD

OTHER

Kinds of night: home late (15 min, one pan) · eating in shifts (reheats well) · one adult home · normal night · slow day (cook once, eat twice)