# Digital Meal Digital Planner

Preview: file inventory and watermarked sample pages. Not the full product.

## Files in the download

**Meal-Planner-Printable-Letter.pdf**
Printable edition, US Letter portrait, 94 pages, 0.65 in margins.

**Meal-Planner-Digital-Hyperlinked.pdf**
Hyperlinked digital edition, landscape 4:3 for tablets, 94 pages with side tabs and 759 internal links.

**Meal-Planner-User-Guide.pdf**
How to print, how to navigate the digital edition, and tips (2 pages).

**README.txt**
Quick start and license summary.

# Meal plan: week of _____ / _____

Week 1 of 52

| | BREAKFAST | LUNCH | DINNER | SNACKS |
|---|---|---|---|---|
| Mon | | | | |
| Tue | | | | |
| Wed | | | | |
| Thu | | | | |
| Fri | | | | |
| Sat | | | | |
| Sun | | | | |

**SHOPPING LIST**

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

**PREP AHEAD**

_____

_____

_____

_____

_____

_____

_____

_____

_____

SAMPLE

# Recipe index

| # | RECIPE | CATEGORY | PAGE / LINK |
|---|---|---|---|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |
| 9 | | | |
| 10 | | | |
| 11 | | | |
| 12 | | | |
| 13 | | | |
| 14 | | | |
| 15 | | | |
| 16 | | | |
| 17 | | | |
| 18 | | | |
| 19 | | | |
| 20 | | | |
| 21 | | | |
| 22 | | | |
| 23 | | | |
| 24 | | | |
| 25 | | | |
| 26 | | | |
| 27 | | | |
| 28 | | | |
| 29 | | | |
| 30 | | | |

SAMPLE

# Master grocery list

## PRODUCE

- [ ] Onions
- [ ] Garlic
- [ ] Potatoes
- [ ] Carrots
- [ ] Leafy greens
- [ ] Tomatoes
- [ ] Bananas
- [ ] Apples
- [ ] Lemons / limes
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

## PANTRY

- [ ] Rice
- [ ] Pasta
- [ ] Oats
- [ ] Flour
- [ ] Canned tomatoes
- [ ] Stock / broth
- [ ] Oil
- [ ] Spices
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

## DAIRY & EGGS

- [ ] Milk
- [ ] Eggs
- [ ] Butter
- [ ] Yogurt
- [ ] Cheese
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

## BAKERY & FROZEN

- [ ] Bread
- [ ] Tortillas
- [ ] Frozen vegetables
- [ ] Frozen fruit
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

## MEAT, FISH & PROTEIN

- [ ] Chicken
- [ ] Ground beef / turkey
- [ ] Fish
- [ ] Tofu / beans
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

## HOUSEHOLD

- [ ] Dish soap
- [ ] Paper towels
- [ ] Foil / wrap
- [ ] Bin bags
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

SAMPLE

# Meal plan: week of ____ / ____

Week 1 of 52

| | BREAKFAST | LUNCH | DINNER | SNACKS |
|---|---|---|---|---|
| Mon | | | | |
| Tue | | | | |
| Wed | | | | |
| Thu | | | | |
| Fri | | | | |
| Sat | | | | |
| Sun | | | | |

## SHOPPING LIST

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

## PREP AHEAD

SAMPLE