Weekly Meal Planner Printable

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

Files in the download

Weekly-Meal-Planner-US-Letter.pdf
Print-ready US Letter PDF, 4 pages.

Weekly-Meal-Planner-A4.pdf
Print-ready A4 PDF, 4 pages, same layout re-flowed for A4.

Weekly-Meal-Planner-Sample-Preview.png
Sample page rendered at 300 dpi (2550 x 3300 px).

PRINTING.txt
Print settings, tips and license summary.

Weekly meal planner

Monday start

Week of _____

	BREAKFAST	LUNCH	DINNER	SNACKS
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

GROCERY LIST

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PREP AHEAD

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SAMPLE

Example week (for ideas)

DAY	BREAKFAST	LUNCH	DINNER	SNACK
Mon	Oatmeal with banana	Turkey & cheese wrap, apple	Sheet-pan chicken & veg	Yogurt
Tue	Toast & eggs	Leftover chicken salad	Beef tacos, slaw	Carrot sticks & hummus
Wed	Yogurt & granola	Lentil soup, bread	Spaghetti with tomato sauce	Popcorn
Thu	Smoothie	Leftover spaghetti	Salmon, rice, green beans	Cheese & crackers
Fri	Oatmeal with berries	Tuna sandwich	Homemade pizza night	Fruit
Sat	Pancakes	Grilled cheese & soup	Stir-fry with tofu & noodles	Trail mix
Sun	Eggs & potatoes	Big salad with chickpeas	Roast chicken, potatoes, carrots	Banana bread

SAMPLE

PLANNING TIPS

- Cook once, eat twice: Monday's chicken becomes Tuesday's lunch; Wednesday's pasta becomes Thursday's lunch.
- Plan one easy 'fun' night (pizza, tacos) to keep the week realistic.
- Check what you already have before writing the grocery list.