Monthly Meal Planner Printable

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

Files in the download

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

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

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

PRINTING.txt
Print settings, tips and license summary.

Monthly dinner planner

Sunday start | write the dates, then a dinner in each box

Month _____ **Year** _____

SUN	MON	TUE	WED	THU	FRI	SAT
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SAMPLE

LEFTOVER NIGHTS

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EATING OUT / TAKEAWAY

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Theme nights & staples

Change the themes to suit your family

THEME NIGHTS

NIGHT	THEME	IDEAS
Monday	Meatless Monday	Bean chili, veggie curry, pasta primavera
Tuesday	Tacos / wraps	Fish tacos, chicken fajitas, burrito bowls
Wednesday	Pasta	Bolognese, pesto pasta, baked ziti
Thursday	Soup & sandwich	Tomato soup & grilled cheese, minestrone
Friday	Pizza / fun night	Homemade pizza, flatbreads, burgers
Saturday	Try something new	
Sunday	Slow cooker / roast	Roast chicken, pot roast, stew

SAMPLE

MONTHLY STAPLES TO STOCK UP ON

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