# Weekly Meal Planner

*Decide once. Eat well all week.*

WEEK OF _____ THEME NIGHT _____

| | BREAKFAST | LUNCH | DINNER | SNACK |
|---|---|---|---|---|
| MON | | | | |
| TUE | | | | |
| WED | | | | |
| THU | | | | |
| FRI | | | | |
| SAT | | | | |
| SUN | | | | |

# Grocery List and Prep

*Shop with a plan and spend less.*

## PRODUCE

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

## PROTEIN

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

## DAIRY AND EGGS

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

## PANTRY

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

## FROZEN

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

## OTHER

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

## MEAL IDEAS

## PREP AHEAD

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

*Tip: plan around what is already in your fridge and pantry first.*