



FREE PRINTABLE

Weekly Meal Planner

Plan it once, shop it once

Week of

Grocery budget \$

1 Check the kitchen first

NEEDS USING UP

ALREADY HAVE

Look through the fridge, freezer and pantry. Plan the first dinners of the week around what needs using up.

2 Plan the dinners

DAY	DINNER	USES UP	PREP AHEAD
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Plan five dinners, not seven. Leave one night for leftovers and one for a pantry meal.

3 Breakfasts, lunches and snacks

BREAKFASTS

LUNCHES

SNACKS

Reuse ingredients. Nothing should be bought for a single recipe. If you buy a bunch of cilantro, plan two dinners that use it.

Grocery list

Write a rough price next to each item and total it before you leave the house.

Produce

☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	

Meat and seafood

☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	

Dairy and eggs

☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	

Pantry and canned

☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	

Frozen

☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	

Bread and other

☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	
☐		\$	

Estimated total

\$

Your budget

\$

What you spent

\$

Over or under

\$

More help: thesavvybite.com/weekly-grocery-budget