Dinner
MEAL PLANNER

SEVEN DINNERS, ONE GROCERY LIST.

MONDAY ☐ BUSY NIGHT
DINNER _____
PREP FOR TOMORROW _____

TUESDAY ☐ BUSY NIGHT
DINNER _____
PREP FOR TOMORROW _____

WEDNESDAY ☐ BUSY NIGHT
DINNER _____
PREP FOR TOMORROW _____

THURSDAY ☐ BUSY NIGHT
DINNER _____
PREP FOR TOMORROW _____

FRIDAY ☐ BUSY NIGHT
DINNER _____
PREP FOR TOMORROW _____

SATURDAY ☐ BUSY NIGHT
DINNER _____
PREP FOR TOMORROW _____

SUNDAY ☐ BUSY NIGHT
DINNER _____
PREP FOR TOMORROW _____

BREAKFASTS AND LUNCHES

- ☐
- ☐
- ☐

BACKUP DINNER

- ☐

GROCERY LIST

PRODUCE
- ☐
- ☐
- ☐
- ☐

MEAT AND FISH
- ☐
- ☐

DAIRY AND EGGS
- ☐
- ☐

PANTRY AND BAKERY
- ☐
- ☐
- ☐

FROZEN
- ☐
- ☐

HOUSEHOLD AND OTHER
- ☐
- ☐

USE UP FIRST

- ☐
- ☐
- ☐

◆ HOW TO USE

Once a week, mark the busy nights first. Plan dinners around them, with Use up first early in the week. Write what's missing under its store section. Check the pantry, then shop once.

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Dinner
MEAL PLANNER

WRITE THE WEEK, THEN THE ONE LIST

THIS WEEK'S DINNERS

DAY	BUSY NIGHT	DINNER	PREP FOR TOMORROW
Monday	☐		
Tuesday	☐		
Wednesday	☐		
Thursday	☐		
Friday	☐		
Saturday	☐		
Sunday	☐		

GROCERY LIST

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

USE UP FIRST

- ☐
- ☐
- ☐

BREAKFASTS AND LUNCHES

- ☐
- ☐
- ☐
- ☐

BACKUP DINNER

◆ HOW TO USE

Once a week, mark the busy nights first. Plan dinners around them, with Use up first early in the week. Write what's missing as you plan, and the list is done when the dinners are. Check the pantry, then shop once.

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Four-Week
DINNER GRID

FOUR WEEKS OF DINNERS, ONE SQUARE A NIGHT

WEEK OF _____ *One dinner a night*

Mon	Tue	Wed	Thu	Fri	Sat	Sun

WEEK OF _____ *One dinner a night*

Mon	Tue	Wed	Thu	Fri	Sat	Sun

WEEK OF _____ *One dinner a night*

Mon	Tue	Wed	Thu	Fri	Sat	Sun

WEEK OF _____ *One dinner a night*

Mon	Tue	Wed	Thu	Fri	Sat	Sun

FAMILY FAVORITES

Dinners to repeat

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

HOW TO USE

Write one dinner in each square, a week or four at a time. Leftovers or a night out count as a dinner. Before you shop, copy the week's dinners to your shopping list.

One square, one dinner.

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Dinner Meal Planner

For Busy Weeknights

MONDAY ○ BUSY NIGHT
DINNER _____
PREP FOR TOMORROW _____

TUESDAY ○ BUSY NIGHT
DINNER _____
PREP FOR TOMORROW _____

WEDNESDAY ○ BUSY NIGHT
DINNER _____
PREP FOR TOMORROW _____

THURSDAY ○ BUSY NIGHT
DINNER _____
PREP FOR TOMORROW _____

FRIDAY ○ BUSY NIGHT
DINNER _____
PREP FOR TOMORROW _____

SATURDAY ○ BUSY NIGHT
DINNER _____
PREP FOR TOMORROW _____

SUNDAY ○ BUSY NIGHT
DINNER _____
PREP FOR TOMORROW _____

BREAKFASTS AND LUNCHES

○ _____
○ _____
○ _____

BACKUP DINNER

○ _____

GROCERY LIST

PRODUCE
☐ _____
☐ _____
☐ _____
☐ _____

MEAT AND FISH
☐ _____
☐ _____

DAIRY AND EGGS
☐ _____
☐ _____

PANTRY AND BAKERY
☐ _____
☐ _____
☐ _____

FROZEN
☐ _____
☐ _____

HOUSEHOLD AND OTHER
☐ _____
☐ _____

USE UP FIRST

○ _____
○ _____
○ _____

HOW TO USE Once a week, mark the busy nights first. Plan dinners around them, with Use up first early in the week. Write what's missing under its store section. Check the pantry, then shop once.

Plan once. Shop once.

ORDERLY WEEK

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Dinner Meal
PLANNER

WRITE THE WEEK, THEN THE ONE LIST

THIS WEEK'S DINNERS

DAY	BUSY NIGHT	DINNER	PREP FOR TOMORROW
Monday	☐		
Tuesday	☐		
Wednesday	☐		
Thursday	☐		
Friday	☐		
Saturday	☐		
Sunday	☐		

GROCERY LIST

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

USE UP FIRST

- ☐
- ☐
- ☐

BREAKFASTS AND LUNCHES

- ☐
- ☐
- ☐
- ☐

BACKUP DINNER

_____

HOW TO USE

Once a week, mark the busy nights first. Plan dinners around them, with Use up first early in the week. Write what's missing as you plan, and the list is done when the dinners are. Check the pantry, then shop once.

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Dinner
MEAL PLANNER

Seven dinners, one grocery list.

MONDAY ☐ BUSY NIGHT
DINNER _____
PREP FOR TOMORROW _____

TUESDAY ☐ BUSY NIGHT
DINNER _____
PREP FOR TOMORROW _____

WEDNESDAY ☐ BUSY NIGHT
DINNER _____
PREP FOR TOMORROW _____

THURSDAY ☐ BUSY NIGHT
DINNER _____
PREP FOR TOMORROW _____

FRIDAY ☐ BUSY NIGHT
DINNER _____
PREP FOR TOMORROW _____

SATURDAY ☐ BUSY NIGHT
DINNER _____
PREP FOR TOMORROW _____

SUNDAY ☐ BUSY NIGHT
DINNER _____
PREP FOR TOMORROW _____

BREAKFASTS AND LUNCHES

- ☐
- ☐
- ☐

BACKUP DINNER

- ☐

GROCERY LIST

PRODUCE
- ☐
- ☐
- ☐
- ☐

MEAT AND FISH
- ☐
- ☐

DAIRY AND EGGS
- ☐
- ☐

PANTRY AND BAKERY
- ☐
- ☐
- ☐

FROZEN
- ☐
- ☐

HOUSEHOLD AND OTHER
- ☐
- ☐

USE UP FIRST

- ☐
- ☐
- ☐

HOW TO USE Once a week, mark the busy nights first. Plan dinners around them, with Use up first early in the week. Write what's missing under its store section. Check the pantry, then shop once.

Plan once. Shop once.

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WRITE THE WEEK, THEN THE ONE LIST

Dinner Meal Planner

THIS WEEK'S DINNERS

DAY	BUSY NIGHT	DINNER	PREP FOR TOMORROW
Monday	☐		
Tuesday	☐		
Wednesday	☐		
Thursday	☐		
Friday	☐		
Saturday	☐		
Sunday	☐		

GROCERY LIST

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

USE UP FIRST

- ☐
- ☐
- ☐

BREAKFASTS AND LUNCHES

- ☐
- ☐
- ☐
- ☐

BACKUP DINNER

◆ HOW TO USE

Once a week, mark the busy nights first. Plan dinners around them, with Use up first early in the week. Write what's missing as you plan, and the list is done when the dinners are. Check the pantry, then shop once.

Plan once. Shop once.

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DINNER

Meal Planner

Once a Week, Busy Nights First

MONDAY ☐ BUSY NIGHT
DINNER _____
PREP FOR TOMORROW _____ ○

TUESDAY ☐ BUSY NIGHT
DINNER _____
PREP FOR TOMORROW _____ ○

WEDNESDAY ☐ BUSY NIGHT
DINNER _____
PREP FOR TOMORROW _____ ○

THURSDAY ☐ BUSY NIGHT
DINNER _____
PREP FOR TOMORROW _____ ○

FRIDAY ☐ BUSY NIGHT
DINNER _____
PREP FOR TOMORROW _____ ○

SATURDAY ☐ BUSY NIGHT
DINNER _____
PREP FOR TOMORROW _____ ○

SUNDAY ☐ BUSY NIGHT
DINNER _____
PREP FOR TOMORROW _____ ○

BREAKFASTS AND LUNCHES

○ _____
○ _____
○ _____

BACKUP DINNER

○ _____

GROCERY LIST

PRODUCE
☐ _____
☐ _____
☐ _____
☐ _____

MEAT AND FISH
☐ _____
☐ _____

DAIRY AND EGGS
☐ _____
☐ _____

PANTRY AND BAKERY
☐ _____
☐ _____
☐ _____

FROZEN
☐ _____
☐ _____

HOUSEHOLD AND OTHER
☐ _____
☐ _____

USE UP FIRST

○ _____
○ _____
○ _____

HOW TO USE

Once a week, mark the busy nights first. Plan dinners around them, with Use up first early in the week. Write what's missing under its store section. Check the pantry, then shop once.

Plan once. Shop once.

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SEVEN DINNERS, ONE GROCERY LIST.

WEEKLY MEAL PLANNER

1	**MONDAY** ☐ BUSY NIGHT	DINNER _____	PREP FOR TOMORROW _____
2	**TUESDAY** ☐ BUSY NIGHT	DINNER _____	PREP FOR TOMORROW _____
3	**WEDNESDAY** ☐ BUSY NIGHT	DINNER _____	PREP FOR TOMORROW _____
4	**THURSDAY** ☐ BUSY NIGHT	DINNER _____	PREP FOR TOMORROW _____
5	**FRIDAY** ☐ BUSY NIGHT	DINNER _____	PREP FOR TOMORROW _____
6	**SATURDAY** ☐ BUSY NIGHT	DINNER _____	PREP FOR TOMORROW _____
7	**SUNDAY** ☐ BUSY NIGHT	DINNER _____	PREP FOR TOMORROW _____

GROCERY LIST

PRODUCE

- ☐ _____
- ☐ _____

MEAT AND FISH

- ☐ _____

DAIRY AND EGGS

- ☐ _____

PANTRY AND BAKERY

- ☐ _____

FROZEN

- ☐ _____

HOUSEHOLD AND OTHER

- ☐ _____

USE UP FIRST

- ☐ _____
- ☐ _____

BACKUP DINNER

- ☐ _____

HOW TO USE Once a week, mark the busy nights first. Plan dinners around them, with Use up first early in the week. Write what's missing under its store section. Check the pantry, then shop once.

Plan once. Shop once.

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Dinner

MEAL PLANNER

★ WRITE THE WEEK, THEN THE ONE LIST ★

THIS WEEK'S DINNERS

DAY	BUSY NIGHT	DINNER	PREP FOR TOMORROW
Monday	☐		
Tuesday	☐		
Wednesday	☐		
Thursday	☐		
Friday	☐		
Saturday	☐		
Sunday	☐		

GROCERY LIST

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

USE UP FIRST

- ☐
- ☐
- ☐

BREAKFASTS AND LUNCHES

- ☐
- ☐
- ☐
- ☐

BACKUP DINNER

_____

◆ HOW TO USE

Once a week, mark the busy nights first. Plan dinners around them, with Use up first early in the week. Write what's missing as you plan, and the list is done when the dinners are. Check the pantry, then shop once.

Plan once. Shop once.

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Dinner
MEAL PLANNER
Tonight's Dinner, Tomorrow's Prep

MONDAY ☐ BUSY NIGHT
DINNER _____ ○
PREP FOR TOMORROW _____

TUESDAY ☐ BUSY NIGHT
DINNER _____ ○
PREP FOR TOMORROW _____

WEDNESDAY ☐ BUSY NIGHT
DINNER _____ ○
PREP FOR TOMORROW _____

THURSDAY ☐ BUSY NIGHT
DINNER _____ ○
PREP FOR TOMORROW _____

FRIDAY ☐ BUSY NIGHT
DINNER _____ ○
PREP FOR TOMORROW _____

SATURDAY ☐ BUSY NIGHT
DINNER _____ ○
PREP FOR TOMORROW _____

SUNDAY ☐ BUSY NIGHT
DINNER _____ ○
PREP FOR TOMORROW _____

GROCERY LIST

PRODUCE
☐ _____
☐ _____
☐ _____
☐ _____

MEAT AND FISH
☐ _____
☐ _____

DAIRY AND EGGS
☐ _____
☐ _____

PANTRY AND BAKERY
☐ _____
☐ _____
☐ _____

FROZEN
☐ _____
☐ _____

HOUSEHOLD AND OTHER
☐ _____
☐ _____

BREAKFASTS AND LUNCHES
○ _____
○ _____
○ _____

BACKUP DINNER
○ _____
○ _____
○ _____

USE UP FIRST
○ _____
○ _____
○ _____

HOW TO USE

Once a week, mark the busy nights first. Plan dinners around them, with Use up first early in the week. Write what's missing under its store section. Check the pantry, then shop once.

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WEEKLY MEAL PLANNER

Seven dinners, one grocery list.





MONDAY ○ BUSY NIGHT

DINNER _____ ○

PREP FOR TOMORROW _____



TUESDAY ○ BUSY NIGHT

DINNER _____ ○

PREP FOR TOMORROW _____



WEDNESDAY ○ BUSY NIGHT

DINNER _____ ○

PREP FOR TOMORROW _____



THURSDAY ○ BUSY NIGHT

DINNER _____ ○

PREP FOR TOMORROW _____



FRIDAY ○ BUSY NIGHT

DINNER _____ ○

PREP FOR TOMORROW _____



SATURDAY ○ BUSY NIGHT

DINNER _____ ○

PREP FOR TOMORROW _____



SUNDAY ○ BUSY NIGHT

DINNER _____ ○

PREP FOR TOMORROW _____



BREAKFASTS AND LUNCHES

- ○ _____
- ○ _____
- ○ _____



BACKUP DINNER

- ○ _____



GROCERY LIST

PRODUCE

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

MEAT AND FISH

- ☐ _____
- ☐ _____

DAIRY AND EGGS

- ☐ _____
- ☐ _____

PANTRY AND BAKERY

- ☐ _____
- ☐ _____
- ☐ _____

FROZEN

- ☐ _____
- ☐ _____

HOUSEHOLD AND OTHER

- ☐ _____
- ☐ _____



USE UP FIRST

- ○ _____
- ○ _____
- ○ _____

◆ **HOW TO USE**

Once a week, mark the busy nights first. Plan dinners around them, with Use up first early in the week. Write what's missing under its store section. Check the pantry, then shop once.

Plan once. Shop once.

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WRITE THE WEEK, THEN THE ONE LIST

DINNER

MEAL PLANNER

THIS WEEK'S DINNERS

DAY	BUSY NIGHT	DINNER	PREP FOR TOMORROW
Monday	☐		
Tuesday	☐		
Wednesday	☐		
Thursday	☐		
Friday	☐		
Saturday	☐		
Sunday	☐		

GROCERY LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

USE UP FIRST

- ○
- ○
- ○

BREAKFASTS AND LUNCHES

- ○
- ○
- ○
- ○

BACKUP DINNER

HOW TO USE

Once a week, mark the busy nights first. Plan dinners around them, with Use up first early in the week. Write what's missing as you plan, and the list is done when the dinners are. Check the pantry, then shop once.

Plan once. Shop once.

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Dinner Meal Planner

The Week's Dinners, Sorted

MONDAY ☐ BUSY NIGHT	DINNER _____ PREP FOR TOMORROW _____	○
TUESDAY ☐ BUSY NIGHT	DINNER _____ PREP FOR TOMORROW _____	○
WEDNESDAY ☐ BUSY NIGHT	DINNER _____ PREP FOR TOMORROW _____	○
THURSDAY ☐ BUSY NIGHT	DINNER _____ PREP FOR TOMORROW _____	○
FRIDAY ☐ BUSY NIGHT	DINNER _____ PREP FOR TOMORROW _____	○
SATURDAY ☐ BUSY NIGHT	DINNER _____ PREP FOR TOMORROW _____	○
SUNDAY ☐ BUSY NIGHT	DINNER _____ PREP FOR TOMORROW _____	○

BREAKFASTS AND LUNCHES

- ☐
- ☐
- ☐

BACKUP DINNER

- ☐

GROCERY LIST

PRODUCE

- ☐
- ☐
- ☐
- ☐

MEAT AND FISH

- ☐
- ☐

DAIRY AND EGGS

- ☐
- ☐

PANTRY AND BAKERY

- ☐
- ☐
- ☐

FROZEN

- ☐
- ☐

HOUSEHOLD AND OTHER

- ☐
- ☐

USE UP FIRST

- ☐
- ☐
- ☐

HOW TO USE

Once a week, mark the busy nights first. Plan dinners around them, with Use up first early in the week. Write what's missing under its store section. Check the pantry, then shop once.

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FOUR WEEKS OF DINNERS, ONE SQUARE A NIGHT

FOUR-WEEK
Dinner Grid

WEEK OF _____

MON	TUE	WED	THU	FRI	SAT	SUN

WEEK OF _____

MON	TUE	WED	THU	FRI	SAT	SUN

WEEK OF _____

MON	TUE	WED	THU	FRI	SAT	SUN

WEEK OF _____

MON	TUE	WED	THU	FRI	SAT	SUN

FAMILY FAVORITES
Dinners to repeat

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

◆ HOW TO USE

Write one dinner in each square, a week or four at a time. Leftovers or a night out count as a dinner. Before you shop, copy the week's dinners to your shopping list.

One square, one dinner.

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DINNER
MEAL PLANNER

Write the week, then the one list

THIS WEEK'S DINNERS

DAY	BUSY NIGHT	DINNER	PREP FOR TOMORROW
Monday	☐		
Tuesday	☐		
Wednesday	☐		
Thursday	☐		
Friday	☐		
Saturday	☐		
Sunday	☐		

GROCERY LIST

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

USE UP FIRST

- ☐
- ☐
- ☐

BREAKFASTS AND LUNCHES

- ☐
- ☐
- ☐
- ☐

BACKUP DINNER

HOW TO USE

Once a week, mark the busy nights first. Plan dinners around them, with Use up first early in the week. Write what's missing as you plan, and the list is done when the dinners are. Check the pantry, then shop once.

Plan once. Shop once.

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Dinner Meal PLANNER

SEVEN DINNERS, ONE GROCERY LIST.

MONDAY ☐ BUSY NIGHT	DINNER _____ PREP FOR TOMORROW _____	○
TUESDAY ☐ BUSY NIGHT	DINNER _____ PREP FOR TOMORROW _____	○
WEDNESDAY ☐ BUSY NIGHT	DINNER _____ PREP FOR TOMORROW _____	○
THURSDAY ☐ BUSY NIGHT	DINNER _____ PREP FOR TOMORROW _____	○
FRIDAY ☐ BUSY NIGHT	DINNER _____ PREP FOR TOMORROW _____	○
SATURDAY ☐ BUSY NIGHT	DINNER _____ PREP FOR TOMORROW _____	○
SUNDAY ☐ BUSY NIGHT	DINNER _____ PREP FOR TOMORROW _____	○

BREAKFASTS AND LUNCHES

- ☐
- ☐
- ☐

BACKUP DINNER

- ☐
- ☐
- ☐
- ☐

GROCERY LIST

PRODUCE

- ☐
- ☐
- ☐
- ☐

MEAT AND FISH

- ☐
- ☐

DAIRY AND EGGS

- ☐
- ☐

PANTRY AND BAKERY

- ☐
- ☐
- ☐

FROZEN

- ☐
- ☐

HOUSEHOLD AND OTHER

- ☐
- ☐

USE UP FIRST

- ☐
- ☐
- ☐

HOW TO USE Once a week, mark the busy nights first. Plan dinners around them, with Use up first early in the week. Write what's missing under its store section. Check the pantry, then shop once.

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