Your week, on one page

A reusable seven-day dinner planner. Fill in meals, portions and the little things to remember.

WEEK OF: _____ **PEOPLE:** _____

DAY	DINNER / PORTIONS / NOTES
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

USE FIRST / PREP REMINDERS

A little less backtracking

Check your cupboards first. Write the quantities you need, then tick items off as you shop.

Produce

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

Meat & seafood

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

Dairy & chilled

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

Grains & bread

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

Cans & jars

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

Pantry & other

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

ALREADY AT HOME / OTHER NOTES