

7-DAY MEAL PLANNER & SMART SHOPPING LIST

A printable companion to help you turn recipe inspiration into a simple weekly routine.

PLAN Choose meals for the week before the busy days begin.	SHOP Group ingredients by category and reduce forgotten items.	COOK Keep your favorite recipes and prep notes in one place.
---	---	---

How to use: Fill the planner digitally or print it. Add recipe names, page numbers, ingredients to buy, and any preparation you can do in advance.

Nutrition information in the cookbooks is provided for general reference. Individual needs and exact values can vary by ingredient brand, portion size, and preparation method.

YOUR 7-DAY MEAL PLAN

Write the recipe name or page number in each box. Leave space for leftovers, eating out, or flexible meals.

DAY	BREAKFAST	LUNCH	DINNER	SNACK / PREP
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

WEEKLY PREP NOTES	LEFTOVERS / FLEXIBLE MEALS

SMART SHOPPING LIST

Check your pantry first, then list only what you need. Grouping items by section can make the shopping trip faster.

PRODUCE

- _____
- _____
- _____
- _____
- _____
- _____
- _____

PROTEIN

- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAIRY / ALTERNATIVES

- _____
- _____
- _____
- _____
- _____
- _____
- _____

GRAINS / BREAD

- _____
- _____
- _____
- _____
- _____
- _____
- _____

PANTRY

- _____
- _____
- _____
- _____
- _____
- _____
- _____

FROZEN

- _____
- _____
- _____
- _____
- _____
- _____
- _____

HERBS / SPICES

- _____
- _____
- _____
- _____
- _____
- _____
- _____

OTHER

- _____
- _____
- _____
- _____
- _____
- _____
- _____

FAVORITES & COOKING NOTES

Record the recipes you want to repeat and the adjustments that made them work best for your household.

RECIPE / PAGE	RATING	WHAT I CHANGED	MAKE AGAIN?
	■ ■ ■ ■ ■		☐ Yes ☐ No
	■ ■ ■ ■ ■		☐ Yes ☐ No
	■ ■ ■ ■ ■		☐ Yes ☐ No
	■ ■ ■ ■ ■		☐ Yes ☐ No
	■ ■ ■ ■ ■		☐ Yes ☐ No
	■ ■ ■ ■ ■		☐ Yes ☐ No
	■ ■ ■ ■ ■		☐ Yes ☐ No
	■ ■ ■ ■ ■		☐ Yes ☐ No
	■ ■ ■ ■ ■		☐ Yes ☐ No

NOTES FOR NEXT WEEK