FAMILY MEAL PLANNING & GROCERY EFFICIENCY

WEEKLY FAMILY DINNER MENU & CATEGORIZED GROCERY

7-Day Family Meal Planner: Monday-to-Sunday Menus & Departmental Grocery Shopping List

KITCHEN EDITION
Standard US Letter
Bespoke Printable

WEEKLY DINNER MENU (MON - SUN)

MONDAY
Prep Time: _____

Main: _____

Sides: _____

Chef Notes: _____

TUESDAY
Prep Time: _____

Main: _____

Sides: _____

Chef Notes: _____

WEDNESDAY
Prep Time: _____

Main: _____

Sides: _____

Chef Notes: _____

THURSDAY
Prep Time: _____

Main: _____

Sides: _____

Chef Notes: _____

FRIDAY
Prep Time: _____

Main: _____

Sides: _____

Chef Notes: _____

SATURDAY
Prep Time: _____

Main: _____

Sides: _____

Chef Notes: _____

SUNDAY
Prep Time: _____

Main: _____

Sides: _____

Chef Notes: _____

CATEGORIZED GROCERY SHOPPING LIST

PRODUCE & FRESH HERBS

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

MEAT, SEAFOOD & POULTRY

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

DAIRY, REFRIGERATED & EGGS

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

PANTRY, GRAINS & CANNED

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

FROZEN FOODS & BAKERY

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

HOUSEHOLD MEAL PREP & GROCERY BUDGET AUDIT

BUDGET TRACKER

Weekly Budget: $_____

Actual Spend: $_____

Remaining: $_____

WEEKEND PREP

[ ] Wash & Chop Produce

[ ] Marinate Meats

[ ] Batch Cook Grains / Rice

PANTRY RESTOCK

[ ] Olive Oil & Cooking Fats

[ ] Kosher Salt & Pepper

[ ] Garlic & Yellow Onions