

Weekly meal planner

Check the pantry first, plan around what needs using up, then turn the week into one grocery list on page 2.

Week of: _____ People eating: _____ Shopping day: _____

Day	Breakfast	Lunch	Dinner	Snacks	Leftovers / eat out / skip
MON _____ date					☐ Leftovers ☐ Eat out ☐ Skip
TUE _____ date					☐ Leftovers ☐ Eat out ☐ Skip
WED _____ date					☐ Leftovers ☐ Eat out ☐ Skip
THU _____ date					☐ Leftovers ☐ Eat out ☐ Skip
FRI _____ date					☐ Leftovers ☐ Eat out ☐ Skip
SAT _____ date					☐ Leftovers ☐ Eat out ☐ Skip
SUN _____ date					☐ Leftovers ☐ Eat out ☐ Skip

Tick a box when a meal needs no cooking and note which meal it replaces (for example "Mon dinner"). Those meals add nothing to the grocery list.

Check the pantry first

Look in the fridge, freezer and cupboard. Plan these into the week before they pass their use-by or best-before date.

Food to use up	Use by	Planned for

Notes

Busy nights, guests, swaps, prep to do ahead

Grocery list

List what the planned meals need, tick what you already have, then buy only the rest.

Week of: _____ Shop at: _____ Budget: _____

Have it?	Item	Qty	Planned meals this covers	Est. cost
PRODUCE fruit, vegetables, fresh herbs				
☐				
☐				
☐				
☐				
☐				
MEAT & SEAFOOD including tofu and other proteins				
☐				
☐				
☐				
DAIRY & EGGS milk, yoghurt, cheese, eggs				
☐				
☐				
☐				
BAKERY bread, wraps, rolls				
☐				
☐				
PANTRY STAPLES tins, rice, pasta, oils, spices, sauces				
☐				
☐				
☐				
FROZEN vegetables, fruit, ready meals				
☐				
☐				
HOUSEHOLD cleaning, paper goods, toiletries				
☐				
☐				
OTHER anything that does not fit above				
☐				
☐				

Estimated total: _____ Actual spend: _____ Under / over budget: _____

Before you shop: check every item against the fridge, freezer and cupboard. Tick "Have it?" and leave it off the trolley.
Add household items last. Anything you did not use goes into next week's "Check the pantry first" box.