

Weekly Meal Planner

A simple place to plan meals you'll genuinely look forward to.

WEEK COMMENCING

Tick the box by a dinner once it's prepped.

	BREAKFAST	LUNCH	DINNER	SNACKS
Monday			☐	
Tuesday			☐	
Wednesday			☐	
Thursday			☐	
Friday			☐	
Saturday			☐	
Sunday			☐	

THIS WEEK'S FOCUS	PREP TO DO	USE UP FIRST	GENERAL NOTES

Room to Think It Through

Use this alongside the planner: what you're aiming for, what needs cooking ahead, what's already in the fridge, and anything worth remembering next week.

THIS WEEK'S FOCUS	PREP TO DO
USE UP FIRST	GENERAL NOTES

Print one of these a week and you'll spot the pattern fast: the meals you repeat, the ones you skip, the shop you always run out of mid-week.