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Weekly meal planner

Week of _____

	BREAKFAST	LUNCH	DINNER
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Prep ahead

Snacks this week

Want the grocery list to fill itself? The rumaloom app adds a recipe's ingredients to it in one tap.

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Grocery list

Sorted by store section, so you shop in one loop. Check the fridge and pantry first, and only write what's missing.

Produce

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

Meat & fish

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

Dairy & eggs

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

Bakery

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

Pantry

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

Frozen

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

Snacks & drinks

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

Household

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

Tip: plan one leftovers night a week, and buy for six dinners instead of seven.