FolarraStudio

Meal Planner

plan · shop · cook

UNDATED · PRINTABLE · MEALS, GROCERIES & RECIPES

This Planner Belongs To

easy meals, every week

NAME _____

HOUSEHOLD SIZE _____

STARTED ON _____

FAVORITE MEAL _____

SHOPPING DAY _____

How to use this planner

- Print the whole planner once, then print extra copies of the pages you use most, such as the Weekly Meal Plan and Grocery List pages.
- Print at 100% / Actual size on A4 or US Letter paper. The printable pages have a white background to save ink.
- Hole-punch the pages and keep them in a binder, so you can add pages any time.
- Every page is undated, so you can start in any month of any year.
- Plan the week on a Weekly Meal Plan, then copy what you need onto the Grocery List.
- Digital planner: open the hyperlinked PDF in any PDF annotation app and tap the tabs to jump between sections.

My kitchen word for this year

Why I plan my meals

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Weekly Meal Plan

breakfast, lunch, dinner & snacks

WEEK OF _____ BUDGET _____

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

Grocery List

shop once, shop smart

Fruit & veg

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

Dairy & eggs

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

Meat & fish

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

Pantry

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

Frozen

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

Bakery

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

Household

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

Other

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

Monthly Meal Plan

dinners for the whole month

MONTH _____ YEAR _____

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1							
2							
3							
4							
5							

30 Dinner Ideas

tick them off as you cook

1 Pasta night	2 Tacos	3 Soup & bread	4 Stir fry	5 Curry & rice
6 Sheet pan chicken	7 Homemade pizza	8 Salad bowls	9 Breakfast for dinner	10 Fish & veg
11 Burgers	12 Chili	13 Wraps	14 Baked potatoes	15 Noodle bowls
16 Rice & beans	17 Omelette	18 Slow cooker stew	19 Fried rice	20 Quiche
21 Kebabs	22 Lentil dal	23 Pasta bake	24 Grain bowls	25 Roast dinner
26 Soup & sandwich	27 Leftovers night	28 Try a new recipe	29 Family favorite	30 Your idea!

Family Favorites

the meals everyone loves

MEAL	RECIPE FROM	PREP TIME	WHO LOVES IT

Recipe Cards

quick recipes to keep

RECIPE

SERVES

PREP & COOK TIME

INGREDIENTS

METHOD

RECIPE

SERVES

PREP & COOK TIME

INGREDIENTS

METHOD

RECIPE

SERVES

PREP & COOK TIME

INGREDIENTS

METHOD

RECIPE

SERVES

PREP & COOK TIME

INGREDIENTS

METHOD

Meal Prep Planner

cook once, eat all week

WEEK OF _____ PREP DAY _____

Prep on the weekend

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
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Batch cook

- [ ] _____
- [ ] _____
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Chop & store

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Freezer meals

- [ ] _____
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- [ ] _____

Pantry Staples

what to always keep at home

Grains & pasta

- [ ] Rice
- [ ] Pasta
- [ ] Oats
- [ ] Flour
- [ ] Bread
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Cans & jars

- [ ] Tomatoes
- [ ] Beans
- [ ] Chickpeas
- [ ] Stock
- [ ] Tuna
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Spices & sauces

- [ ] Salt
- [ ] Pepper
- [ ] Oil
- [ ] Vinegar
- [ ] Soy sauce
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Fridge & freezer

- [ ] Eggs
- [ ] Milk
- [ ] Butter
- [ ] Frozen veg
- [ ] Cheese
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Leftovers & Freezer Log

eat it before it goes off

FOOD	MADE ON	FRIDGE / FREEZER	USE BY	USED
				☐
				☐
				☐
				☐
				☐
				☐
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				☐

Food Budget

groceries, week by week

MONTH _____ MONTHLY BUDGET _____

WEEK	STORE	PLANNED	SPENT	DIFFERENCE	NOTES
1					
2					
3					
4					
5					
Total					

Notes



FolarraStudio

Thank you!

Thank you for choosing FolarraStudio. I hope this planner makes everyday life a little calmer and more organized. If you enjoy it, tell a friend about folarrastudio.com.

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