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

Contents

tap a title in the digital planner to jump to it

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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

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

Batch cook

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

Chop & store

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

Freezer meals

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

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!

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