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|  | **Weekly Meal Planner**This one-page planner can help you to arrange what you want and need to eat on a typical day |
| **Week starting:**  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Breakfast** | **Lunch** | **Dinner/Tea** | **Snack(s)** | **Drinks** |
| **Monday** | Name of dish | Name of dish | Name of dish | Name of dish | Name of dish |
|  |  |  |  |  |
| Ingredients | Ingredients | Ingredients | Ingredients | Ingredients |
|  |  |  |  |  |
| Shopping list | Shopping list | Shopping list | Shopping list | Shopping list |
|  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Breakfast** | **Lunch** | **Dinner/Tea** | **Snack(s)** | **Drinks** |
| **Tuesday** | Name of dish | Name of dish | Name of dish | Name of dish | Name of dish |
|  |  |  |  |  |
| Ingredients | Ingredients | Ingredients | Ingredients | Ingredients |
|  |  |  |  |  |
| Shopping list | Shopping list | Shopping list | Shopping list | Shopping list |
|  |  |  |  |  |
|  | **Breakfast** | **Lunch** | **Dinner/Tea** | **Snack(s)** | **Drinks** |
| **Wednesday** | Name of dish | Name of dish | Name of dish | Name of dish | Name of dish |
|  |  |  |  |  |
| Ingredients | Ingredients | Ingredients | Ingredients | Ingredients |
|  |  |  |  |  |
| Shopping list | Shopping list | Shopping list | Shopping list | Shopping list |
|  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- |
|  | **Breakfast** | **Lunch** | **Dinner/Tea** | **Snack(s)** | **Drinks** |
| **Thursday** | Name of dish | Name of dish | Name of dish | Name of dish | Name of dish |
|  |  |  |  |  |
| Ingredients | Ingredients | Ingredients | Ingredients | Ingredients |
|  |  |  |  |  |
| Shopping list | Shopping list | Shopping list | Shopping list | Shopping list |
|  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- |
|  | **Breakfast** | **Lunch** | **Dinner/Tea** | **Snack(s)** | **Drinks** |
| **Friday** | Name of dish | Name of dish | Name of dish | Name of dish | Name of dish |
|  |  |  |  |  |
| Ingredients | Ingredients | Ingredients | Ingredients | Ingredients |
|  |  |  |  |  |
| Shopping list | Shopping list | Shopping list | Shopping list | Shopping list |
|  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- |
|  | **Breakfast** | **Lunch** | **Dinner/Tea** | **Snack(s)** | **Drinks** |
| **Saturday** | Name of dish | Name of dish | Name of dish | Name of dish | Name of dish |
|  |  |  |  |  |
| Ingredients | Ingredients | Ingredients | Ingredients | Ingredients |
|  |  |  |  |  |
| Shopping list | Shopping list | Shopping list | Shopping list | Shopping list |
|  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- |
|  | **Breakfast** | **Lunch** | **Dinner/Tea** | **Snack(s)** | **Drinks** |
| **Sunday** | Name of dish | Name of dish | Name of dish | Name of dish | Name of dish |
|  |  |  |  |  |
| Ingredients | Ingredients | Ingredients | Ingredients | Ingredients |
|  |  |  |  |  |
| Shopping list | Shopping list | Shopping list | Shopping list | Shopping list |
|  |  |  |  |  |