Weekly Family Meal Planner

Week beginning: _____ Food budget: £ _____ Food to use first: _____

Day / plans	Breakfast	Lunch / packed lunch	Evening meal	Snacks	Prep / defrost
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Family requests and ideas

Weekly Family Dinner Planner

Week beginning: _____ Food budget: £ _____

Day	Who is home / plans	Evening meal	Prep for tomorrow
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Use first

Family requests

Family Shopping List

Week beginning: _____ Food budget: £ _____ Estimated spend: £ _____

Check before shopping

Fridge _____

Freezer _____

Cupboards _____

Use first

_____

_____

_____

Fruit and vegetables

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

Fridge and dairy

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

Meat, fish and alternatives

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

Bread and bakery

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

Cupboard

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

Household and other

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

Frozen

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

Snacks and lunchbox items

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

Preparation reminders

Defrost	Prepare ahead	Batch-cook / save for later
_____	_____	_____
_____	_____	_____

Actual spend: £ _____

Family Meal Ideas Bank

Keep a list of reliable meals to make weekly planning quicker.

Family name: _____

Family favourites

Quick and easy meals

Approx. time

Batch-cooking and freezer meals

In freezer now

Packed lunch ideas

Breakfast and snack ideas

New meals to try

Meal or recipe	Recipe location	Add to favourites?

Reliable sides and additions