

Weekly Meal Planner

Day	Breakfast	Lunch	Dinner	Snacks	Drinks	Prep
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Weekly Meal Planner Notes

This planner is a great resource to help you plan your meals for the week ahead. Taking the time at the weekend to plan for the following week will help you in the following ways:

- ✓ Save you time when food shopping as you have a list prepared
- ✓ Save you money as you shop just for what you need for the week (some people estimate you can halve your food bill this way!)
- ✓ Preparing as you can start prepping the night before for tomorrow's meals (anything you can do the night before can be written in the Prep column to remind you to do it that day).
- ✓ Time in the kitchen as you know in advance what you will be cooking each day, no wasting time looking through the fridge to see what you can pull together!
- ✓ Allows you to see where you can 'double-up' so that left overs of one meal could be used in another
- ✓ Engaging your family in the decisions around what's for dinner, great for getting kids involved and giving them choice
- ✓ Allocating who is responsible for cooking each meal – saves a lot of potential stress as you know who is doing what and when!
- ✓ Improve your health as you have taken the time to choose healthy meals in advance
- ✓ Less food waste so better for the environment

This is one tool that I have found to be invaluable – the weeks I use it it saves so much time, effort and stress and turns preparing meals into a joy rather than a 'must do'.

Allow yourself some flexibility with it, especially in the first few weeks of trying it. Even now we always allow a flexi day (usually Fridays) where we just go with the flow.

I encourage you to give it a go!