

Weekly Meal Planning Cheat Sheet

Planning your meals in advance helps you save money, reduce food waste, and avoid last-minute takeaways. Use this cheat sheet to map out your weekly meals and shopping list.

Meal Planning Table

Day	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Shopping List:

Write down the ingredients you need to buy for your planned meals:

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Motivation Reminder:

“A well-planned meal means less stress, fewer impulse purchases, and more savings! Stick to your plan and enjoy homemade meals.”