# 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:

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