Weekly meal planner: free printable template

Plan once, shop once and know every evening what is for dinner.

What dietitians advise: check what you have, plan around your calendar, and shop from one list.

Steps

- [ ] **Check the calendar and what is still in the house (10m)**
  Repeats every week
- [ ] **Choose the meals for the week**
  Repeats every week
  - [ ] Four or five dinners (10m)
  - [ ] One evening for leftovers (5m)
  - [ ] Breakfasts and lunches (5m)
- [ ] **Write the shopping list, by section of the shop (15m)**
  Repeats every week
- [ ] **Do the shopping (1h)**
  Repeats every week
- [ ] **Prepare ahead: wash, chop and cook one base (1h)**
  Repeats every week
- [ ] **Midweek check: swap meals around and defrost (5m)**
  Repeats every week

Free checklist from Plenzu, the calm to-do app that plans only what fits. Plan these steps on the right days:
plenzu.com/templates/weekly-meal-planner