**Weekly Meal Planner Template**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | Date: |   |  | **Saturday** | Date: |   |
| Breakfast: |  |   | Breakfast: |  |
| Lunch: |  |   | Lunch: |  |
| Snacks: |  |   | Snacks: |  |
| Dinner: |  |  | Dinner: |  |
| Side: |  |  | Side: |  |
| Side: |  |  | Side: |  |
|  |  |  |  |  |
| **Tuesday** | Date: |   |  | **Sunday** | Date: |   |
| Breakfast: |  |  | Breakfast: |   |
| Lunch: |  |  | Lunch: |  |
| Snacks: |  |  | Snacks: |  |
| Dinner: |  |  | Dinner: |  |
| Side: |  |  | Side: |  |
| Side: |  |  | Side: |  |
|  |  |  |  |  |
| **Wednesday** | Date: |   |  | **Notes** |  |
| Breakfast: |  |  |  |
| Lunch: |  |  |  |
| Snacks: |  |  |  |
| Dinner: |  |  |  |
| Side: |  |  |  |
| Side: |  |  |  |
|  |  |  |  |  |
| **Thursday** | Date: |   |  | **Grocery List** |  |
| Breakfast: |  |  | □  | □  |
| Lunch: |  |  | □  | □  |
| Snacks: |  |  | □  | □  |
| Dinner: |  |  | □  | □  |
| Side: |  |  | □  | □  |
| Side: |  |  | □  | □  |
|  |  |  | □  | □  |
| **Friday** | Date: |   |  | □  | □  |
| Breakfast: |  |  | □  | □  |
| Lunch: |  |  | □  | □  |
| Snacks: |  |  | □  | □  |
| Dinner: |  |  | □  | □  |
| Side: |  |  | □  | □  |
| Side: |  |  | □  | □  |