**[](http://www.vertex42.com/)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: |  | |  | □ | | | □ | |