

Weekly Meal Planner

SUN

BREAKFAST

LUNCH

DINNER

MON

BREAKFAST

LUNCH

DINNER

TUE

BREAKFAST

LUNCH

DINNER

WED

BREAKFAST

LUNCH

DINNER

THU

BREAKFAST

LUNCH

DINNER

FRI

BREAKFAST

LUNCH

DINNER

SAT

BREAKFAST

LUNCH

DINNER

BREAKFAST

- hot cereal
 - oatmeal
 - cream of wheat
- granola
- muffins
 - berry
 - pumpkin
 - apple banana
- breakfast sandwich or toast and eggs
 - biscuit
 - English muffin
 - bagel
 - bread
- pancakes/ waffles

LUNCH

- leftovers
- sandwich
- nachos
- pasta
- pizza
- fried rice
- cheese and crackers/ charcuterie
- quesadilla

DINNER

- meat and potatoes
 - mashed
 - baked
 - fries
 - hashed
- taco/ burrito
 - chicken
 - beef
 - pork
- salad
- soup
 - stew
 - creamy
 - pureed
 - ramen/noodle
 - chili
- pizza
- sheet pan dinners
- casseroles
- rice
 - curry
 - lentil
 - paneer
 - chicken
 - stir fry
 - bulgogi
 - orange chicken
 - sweet and sour chicken
 - teriyaki
- pasta
 - cream sauce
 - tomato sauce
 - other veggie based sauce
- sandwich
 - burger
 - pita
 - sub
 - grilled

BEGIN MEAL PLANNING DINNERS BY CHOOSING A CATEGORY FOR EACH DAY. YOU MAY CHOOSE A SPECIFIC MEAL, OR WAIT UNTIL YOU SHOP THE DEALS FOR THE WEEK AND FIND A MEAL IN EACH CATEGORY THAT USES THE INGREDIENTS YOU BOUGHT. FILL IN LUNCHES PLANNING WAYS TO USE INGREDIENTS LEFT OVER FROM DINNER THE NIGHT BEFORE.

CHOOSE 2-3 BREAKFAST YOU WOULD LIKE FOR THE WEEK AND PLAN TIME TO MEAL PREP ANYTHING THAT NEEDS TO BE MADE AHEAD OF TIME.