

Weekly Meals



BREAKFAST, LUNCH & DINNER PLANNER

WWW.WHIMSANDWISDOM.COM

Includes:

- Breakfast, Lunch & Dinner Meal Planner Page
- Shopping List Page
- Favorites Page

All pages ready to print or use digitally!

How to use:

- Keep it simple - these pages are design to help you do that!
- Start your week on the day you go grocery shopping.
Sunday is used for this planner.
- List ideas, potential new recipes in the 'ideas' section at the top of the page. *TIP: This is a good time to get input from others!*
- Based on your ideas, list each meal on a day of the week and don't forget to list the days you'll have leftovers of each - if any.
TIP: Consider how many days of the week you want to cook and how many days you want to have leftovers ahead of time.
- Use your meal plan to create your shopping list - ensuring you have all the necessary ingredients for everything. *TIP: List out any side dishes on the meal plan too or list prep tasks you plan to do on preceding days.*

Potential Outcomes:

- Using these pages to organize your meals will save time throughout your week!
- You will be more intentional with your grocery list!
- You will be more connected with your food!
- You will see more space for creativity in the kitchen!



Meals

week of
mm/dd:

ideas:

-
-
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	breakfast	lunch	dinner
monday			
tuesday			
wednesday			
thursday			
friday			
saturday			
sunday			

Favorites

keep a list of yours and your family favorites for an easy go-to when meal planning.

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TIP: post this on your fridge or other visible location so you add to it regularly and reference it weekly.