

SMART GIRL LIVING

Weekly Meal Planner

Plan once, shop once, stop wondering "what's for dinner"

5-6 DINNERS · 1 PREP DAY

WEEK OF _____

GROCERY BUDGET _____

SALE ITEM THIS WEEK _____

USE THIS UP FIRST (FRIDGE / PANTRY)

THIS WEEK'S DINNERS

DAY	DINNER	NOTES
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

SUNDAY PREP CHECKLIST

- Cook a batch of rice/grains
- Wash & cut vegetables
- Make a sauce or marinade
- _____
- _____

BREAKFAST & LUNCH (REPEAT ALL WEEK)

Breakfast: _____

Lunch: _____

Snacks: _____
