

Meal Planning Printables



Welcome to your free printable meal planning guide. It includes blank weekly and daily meal planning pages, tips for meal rotations, and even sample menus. I hope this guide helps simplify the meal planning process to help save you time, money, and stress. Enjoy!



Blank Meal Planning Printables

Weekly
MEAL PLANNER

DATE _____

MEAL PREP

-
-
-
-
-
-
-

NOTES

MON _____

TUE _____

WED _____

THU _____

FRI _____

SAT _____

SUN _____

SHOPPING LIST

--	--	--	--	--	--	--	--	--	--

Daily
MEAL PLANNER

DATE _____

GOALS

BREAKFAST

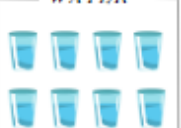
LUNCH

SNACK

DINNER

SNACK

WATER



EXERCISE

.....



Weekly

MEAL PLANNER

DATE _____

MON

TUE

WED

THU

FRI

SAT

SUN

MEAL PREP

-
-
-
-
-
-
-

NOTES



SHOPPING LIST

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--



Daily

DATE _____


MEAL PLANNER

BREAKFAST

GOALS

LUNCH

WATER



SNACK

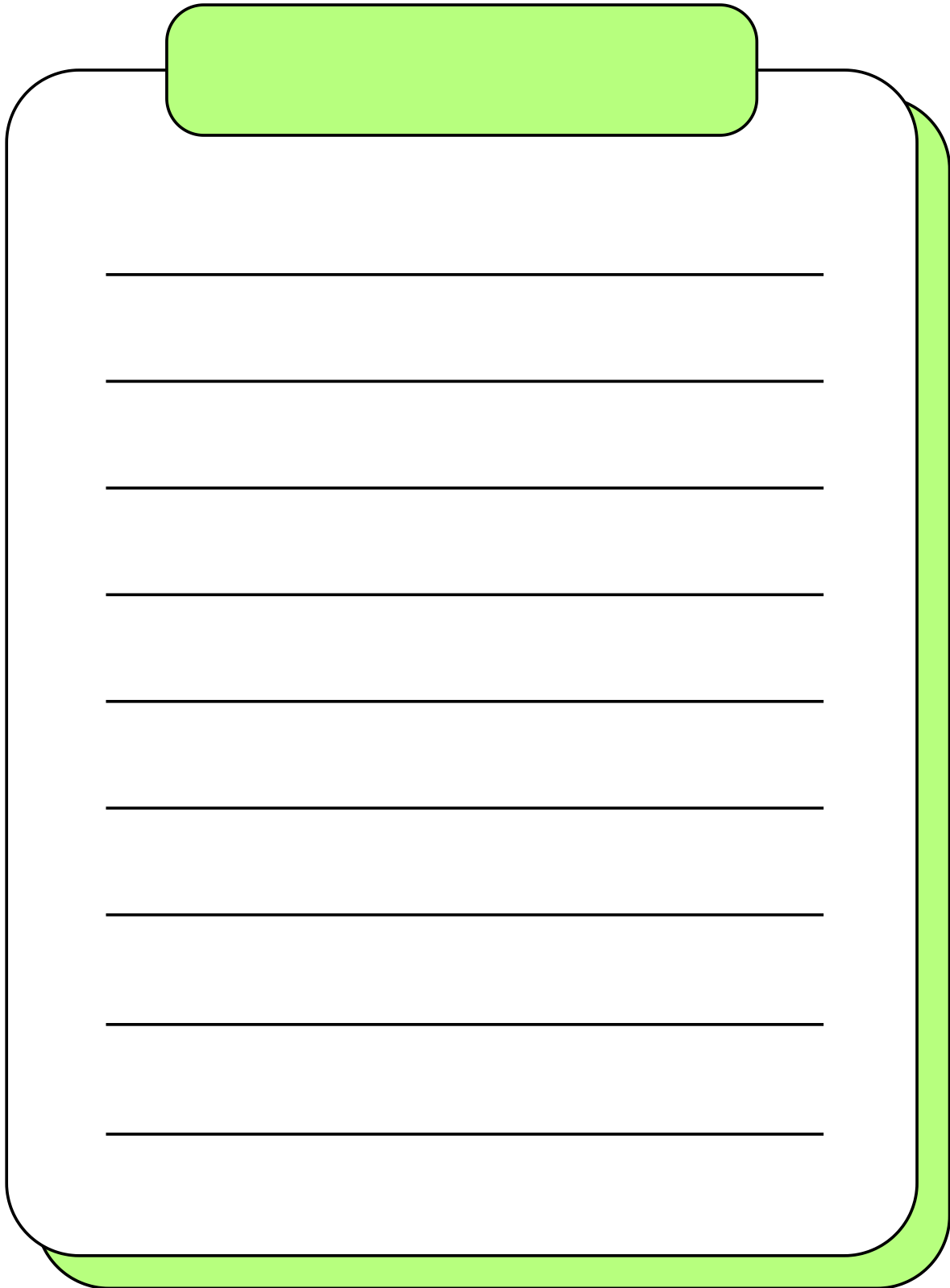
DINNER

EXERCISE

SNACK



Favorite Meals



A clipboard with a green tab at the top and a writing area with ten horizontal lines. The clipboard has a black outline and a green border on the right and bottom edges.

Tips for Meal Rotations



Create a list of favorite meals



Put them into your weekly meal plans



Repeat them regularly, but not too often



Keep ingredients for these meals on hand



Ask for input from family members



Sample Menus

Weekly
MEAL PLANNER

DATE Feb. 5-11

MEAL PREP

- Peel Potatoes
- Make Salad
- Wash Fruit
- Make Sausage
- Make Burgers

NOTES

Plan menu for next week

Check sale papers

MON Vegetable Soup

TUE Lasagna Roll-ups

WED Leftovers

THU Breakfast for Dinner

FRI Eat Out for Date Night

SAT Turkey Burgers

SUN Leftovers

SHOPPING LIST

- Canned Peas
- Green Beans
- Potatoes
- Carrots
- Lasagna Roll-ups
- Pasta Sauce
- Romain Lettuce
- Chicken Bacon
- Eggs
- Ground turkey

Daily
MEAL PLANNER

DATE February 11th

GOALS

Take the stairs

No Soda

BREAKFAST

Protein Bar & Coffee

LUNCH

Caesar Salad & Pizza Quesadilla

SNACK

Carrots & Cucumbers w/ Ranch

DINNER

Turkey Burger, Green Beans, Fruit

SNACK

Yogurt w/ Fruit & Granola

WATER

X X X X

X X X

EXERCISE

15 minutes of brisk walking

10 minutes of beginner yoga

The next two pages are sample meal plans. One is weekly, and the other is daily. I hope these examples will give you some ideas on how I use these pages to create a meal plan that works for myself and my family.



Weekly

MEAL PLANNER

DATE Feb. 5-11

MON Vegetable Soup

TUE Lasagna Roll-ups

WED Leftovers

THU Breakfast for Dinner

FRI Eat Out for Date Night

SAT Turkey Burgers

SUN Leftovers

MEAL PREP

- Peel Potatoes
-
- Make Salad
- Wash Fruit
-
- Make Sausage
- Make Burgers

NOTES

Plan menu for
next week

Check sale
papers

.....

SHOPPING LIST

Canned Peas

Green Beans

Potatoes

Carrots

Lasagna Roll-ups

Pasta Sauce

Romaine Lettuce

Chicken Bacon

Eggs

Ground turkey



Daily

DATE February 11th

MEAL PLANNER

BREAKFAST

Protein Bar & Coffee

LUNCH

Caesar Salad & Pizza Quesadilla

SNACK

Carrots & Cucumbers w/ Ranch

DINNER

Turkey Burger, Green Beans, Fruit

SNACK

Yogurt w/ Fruit & Granola

GOALS

Take the stairs

No Soda

WATER



EXERCISE

15 minutes of
brisk walking

10 minutes of
beginner yoga



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