



# Printable Weekly Meal Planner with Grocery List

Plan healthy meals for the week

📅 Week of: \_\_\_\_\_

👤 Serving: \_\_\_\_\_ people

## 📅 WEEKLY MENU

	MON	TUE	WED	THU	FRI	SAT	SUN
🍳 Breakfast							
☀️ Lunch							
🌙 Dinner							
🍏 Snacks							

## 🛒 GROCERY LIST

- |                          |       |                          |       |
|--------------------------|-------|--------------------------|-------|
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |

## 🔄 MEAL PREP TASKS

- |                          |       |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |

## 📝 NOTES