

# One-Week Menu Planner

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



# One-Week Menu Planner

sunday

B :: \_\_\_\_\_ dinner

L :: \_\_\_\_\_

S :: \_\_\_\_\_

monday

B :: \_\_\_\_\_ dinner

L :: \_\_\_\_\_

S :: \_\_\_\_\_

tuesday

B :: \_\_\_\_\_ dinner

L :: \_\_\_\_\_

S :: \_\_\_\_\_

wednesday

B :: \_\_\_\_\_ dinner

L :: \_\_\_\_\_

S :: \_\_\_\_\_

thursday

B :: \_\_\_\_\_ dinner

L :: \_\_\_\_\_

S :: \_\_\_\_\_

friday

B :: \_\_\_\_\_ dinner

L :: \_\_\_\_\_

S :: \_\_\_\_\_

saturday

B :: \_\_\_\_\_ dinner

L :: \_\_\_\_\_

S :: \_\_\_\_\_





# Two-Week Menu Planner

sunday

monday

tuesday

wednesday

thursday

friday

saturday

B	B	B	B	B	B	B
L	L	L	L	L	L	L
S	S	S	S	S	S	S
D	D	D	D	D	D	D

B	B	B	B	B	B	B
L	L	L	L	L	L	L
S	S	S	S	S	S	S
D	D	D	D	D	D	D



# Fourteen-Day Menu Planner

**1** B \_\_\_\_\_  
L \_\_\_\_\_  
S \_\_\_\_\_  
D \_\_\_\_\_

**2** B \_\_\_\_\_  
L \_\_\_\_\_  
S \_\_\_\_\_  
D \_\_\_\_\_

**3** B \_\_\_\_\_  
L \_\_\_\_\_  
S \_\_\_\_\_  
D \_\_\_\_\_

**4** B \_\_\_\_\_  
L \_\_\_\_\_  
S \_\_\_\_\_  
D \_\_\_\_\_

**5** B \_\_\_\_\_  
L \_\_\_\_\_  
S \_\_\_\_\_  
D \_\_\_\_\_

**6** B \_\_\_\_\_  
L \_\_\_\_\_  
S \_\_\_\_\_  
D \_\_\_\_\_

**7** B \_\_\_\_\_  
L \_\_\_\_\_  
S \_\_\_\_\_  
D \_\_\_\_\_

**8** B \_\_\_\_\_  
L \_\_\_\_\_  
S \_\_\_\_\_  
D \_\_\_\_\_

**9** B \_\_\_\_\_  
L \_\_\_\_\_  
S \_\_\_\_\_  
D \_\_\_\_\_

**10** B \_\_\_\_\_  
L \_\_\_\_\_  
S \_\_\_\_\_  
D \_\_\_\_\_

**11** B \_\_\_\_\_  
L \_\_\_\_\_  
S \_\_\_\_\_  
D \_\_\_\_\_

**12** B \_\_\_\_\_  
L \_\_\_\_\_  
S \_\_\_\_\_  
D \_\_\_\_\_

**13** B \_\_\_\_\_  
L \_\_\_\_\_  
S \_\_\_\_\_  
D \_\_\_\_\_

**14** B \_\_\_\_\_  
L \_\_\_\_\_  
S \_\_\_\_\_  
D \_\_\_\_\_



# Evo-Week Menu Planner

sunday	B	B
	L	L
	S	S
	D	D
monday	B	B
	L	L
	S	S
	D	D
tuesday	B	B
	L	L
	S	S
	D	D
wednesday	B	B
	L	L
	S	S
	D	D
thursday	B	B
	L	L
	S	S
	D	D
friday	B	B
	L	L
	S	S
	D	D
saturday	B	B
	L	L
	S	S
	D	D



# Four-Week Menu Planner

sunday

monday

tuesday

wednesday

thursday

friday

saturday

B	B	B	B	B	B	B
L	L	L	L	L	L	L
S	S	S	S	S	S	S
D	D	D	D	D	D	D

B	B	B	B	B	B	B
L	L	L	L	L	L	L
S	S	S	S	S	S	S
D	D	D	D	D	D	D

B	B	B	B	B	B	B
L	L	L	L	L	L	L
S	S	S	S	S	S	S
D	D	D	D	D	D	D

B	B	B	B	B	B	B
L	L	L	L	L	L	L
S	S	S	S	S	S	S
D	D	D	D	D	D	D



# Four-Week Menu Planner

	week one	week two	week three	week four
sunday	B _____	_____	_____	_____
	L _____	_____	_____	_____
	S _____	_____	_____	_____
	D _____	_____	_____	_____
monday	B _____	_____	_____	_____
	L _____	_____	_____	_____
	S _____	_____	_____	_____
	D _____	_____	_____	_____
tuesday	B _____	_____	_____	_____
	L _____	_____	_____	_____
	S _____	_____	_____	_____
	D _____	_____	_____	_____
wednesday	B _____	_____	_____	_____
	L _____	_____	_____	_____
	S _____	_____	_____	_____
	D _____	_____	_____	_____
thursday	B _____	_____	_____	_____
	L _____	_____	_____	_____
	S _____	_____	_____	_____
	D _____	_____	_____	_____
friday	B _____	_____	_____	_____
	L _____	_____	_____	_____
	S _____	_____	_____	_____
	D _____	_____	_____	_____
saturday	B _____	_____	_____	_____
	L _____	_____	_____	_____
	S _____	_____	_____	_____
	D _____	_____	_____	_____





# Seven-Day Meal Planner

## breakfasts

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

## lunches

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

## snacks

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

## dinners

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



# Seven-Day Menu Planner

**1** B :: \_\_\_\_\_ dinner  
L :: \_\_\_\_\_  
S :: \_\_\_\_\_

**2** B :: \_\_\_\_\_ dinner  
L :: \_\_\_\_\_  
S :: \_\_\_\_\_

**3** B :: \_\_\_\_\_ dinner  
L :: \_\_\_\_\_  
S :: \_\_\_\_\_

**4** B :: \_\_\_\_\_ dinner  
L :: \_\_\_\_\_  
S :: \_\_\_\_\_

**5** B :: \_\_\_\_\_ dinner  
L :: \_\_\_\_\_  
S :: \_\_\_\_\_

**6** B :: \_\_\_\_\_ dinner  
L :: \_\_\_\_\_  
S :: \_\_\_\_\_

**7** B :: \_\_\_\_\_ dinner  
L :: \_\_\_\_\_  
S :: \_\_\_\_\_



# Menu Plan for the Month of: \_\_\_\_\_

sunday

monday

tuesday

wednesday

thursday

friday

saturday

B L S D	B L S D	B L S D	B L S D	B L S D	B L S D	B L S D
B L S D	B L S D	B L S D	B L S D	B L S D	B L S D	B L S D
B L S D	B L S D	B L S D	B L S D	B L S D	B L S D	B L S D
B L S D	B L S D	B L S D	B L S D	B L S D	B L S D	B L S D
B L S D	B L S D	B L S D	B L S D	B L S D	B L S D	B L S D





# Menu Planning Worksheet

store deals

coupons

items on hand

recipe ideas



