This Week's Meal Plan

Plan the week around what you already have and the buys worth making.

WEEK OF: _____ **HOUSEHOLD:** _____ **WEEKLY FOOD GOAL:** _____

DAY	BREAKFAST	LUNCH	SUPPER	PREP / NOTES
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

MEALS TO PREP AHEAD

- ☐ _____
- ☐ _____

ONE THING TO USE UP

- ☐ _____
- ☐ _____

Grocery List

Check the pantry and freezer first. Confirm prices, sizes, limits and sale dates.

WEEK OF: _____ **PLANNED BUDGET:** _____ **EXPECTED TOTAL:** _____

PRODUCE

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

MEAT / FISH / PROTEIN

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

DAIRY / EGGS

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

PANTRY

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

FROZEN

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

BAKERY

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

HOUSEHOLD / OTHER

- [ ]
- [ ]
- [ ]
- [ ]

Freezer Inventory

Know what is available before another sale becomes another forgotten package.

LAST UPDATED: _____ **FREEZER / LOCATION:** _____ **SPACE TO USE:** _____

ITEM	QTY	DATE ADDED	USE FIRST / BY	MEAL OR PURPOSE

QUICK FREEZER CHECK

☐ Older items moved to the front ☐ Labels and dates readable ☐ Space available for this week's best buys

Pantry Inventory

Keep the essentials visible and avoid buying what is already hiding at the back.

LAST UPDATED: _____ **NEXT PANTRY CHECK:** _____

ITEM	QTY	RESTOCK?	BEST BEFORE	NOTES / PLANNED USE

STAPLES TO WATCH

- ☐ _____
- ☐ _____

DON'T BUY - ALREADY HAVE

- ☐ _____
- ☐ _____

Use It First + Leftovers

Turn food that needs attention into tomorrow's meal instead of tomorrow's waste.

WEEK OF: _____ **FOOD-SAVING GOAL:** _____

USE IT FIRST

FOOD TO USE	USE BY	AMOUNT	PLANNED MEAL OR ACTION

LEFTOVER MAKEOVERS

LEFTOVER	TURN IT INTO	WHEN

THREE QUICK MEALS FROM WHAT I HAVE

1. _____
2. _____
3. _____

Personal Price Book

Record regular prices and true sale prices so a flashy tag does not decide for you.

STARTED: _____ **PRIMARY STORES:** _____

TIP: Compare the same package size, or calculate the price per 100 g / 100 mL / item.

ITEM	PACKAGE SIZE	REGULAR PRICE	BEST PRICE	STORE	DATE

MY BUY PRICE

The price low enough that I would reasonably stock up:

REMEMBER

A bargain is useful only when it fits the budget, gets used and does not create waste.