Weekly Meal Planner + Grocery List

Blank printable planner plus one filled sample week — free from Recipe Planning.

Fill the blank grid for your household, or use the sample week. Short cook times, shared ingredients, one grocery list. Not medical advice.

BLANK WEEKLY DINNER PLANNER

DAY	DINNER	NOTES / PREP
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

SAMPLE FILLED WEEK

DAY	DINNER	TIME
MON	Chicken fajitas + rice	~30 min
TUE	Salmon + roasted vegetables	~25 min
WED	Turkey meatballs + salad	~30 min
THU	Veggie stir-fry bowls	~25 min
FRI	Classic cheeseburger night	~30 min
SAT	Shrimp pasta	~25 min
SUN	Sheet-pan lemon chicken	~30 min

GROCERY LIST FOR THE SAMPLE WEEK

PRODUCE

- Bell peppers
- Broccoli
- Salad greens
- Lemons
- Onion
- Garlic

DAIRY / BAKERY

- Cheese slices
- Burger buns
- Yogurt (optional)

PROTEIN

- Chicken breast
- Salmon
- Ground turkey
- Shrimp
- Burger patties

PANTRY

- Rice
- Pasta
- Olive oil
- Spices
- Tortillas

KEEP PLANNING WITH RECIPE PLANNING

- Website & free PDFs: recepieplanning.com/free-guides
- Web recipes: recepieplanning.com/recipes
- Mobile app (iOS & Android): scan the right QR code below