

Weekly Meal Planning Checklist

A weekly checklist to plan every meal, check your calendar and build the shopping list in one sitting.

Take Inventory First

- ☐ Check the fridge for items to use up this week
Plan meals around what's already nearing its use-by date.
- ☐ Scan the freezer for proteins and ready components
- ☐ Review pantry staples like rice, pasta, and canned goods
- ☐ Note fresh produce that needs eating soon
- ☐ List anything running low that you'll need to restock

Check Your Week's Calendar

- ☐ Mark nights you'll be out or eating elsewhere
- ☐ Flag busy evenings that need quick or leftover meals
- ☐ Find one slot for a longer recipe or batch cook
- ☐ Note any guests or special occasions to cook for
- ☐ Decide which night you'll do the grocery shop

Plan Breakfasts and Lunches

- ☐ Choose two or three repeatable breakfasts for the week
- ☐ Plan grab-and-go options for rushed mornings
- ☐ Decide on packed lunches or planned leftovers
- ☐ Pick lunches that reuse dinner ingredients
- ☐ Add any work or school lunch requirements

Plan Dinners

- ☐ Assign a dinner to each night of the week
- ☐ Repeat a theme like taco night or pasta night to simplify
- ☐ Choose recipes that share key ingredients
- ☐ Plan a deliberate leftovers or clean-out-the-fridge night
- ☐ Balance the week with variety in proteins and vegetables
- ☐ Keep one easy backup meal for unexpected changes

Plan Snacks and Drinks

- ☐ List everyday snacks for the household
- ☐ Add lunchbox or after-school snacks for kids
- ☐ Plan a few healthier options like fruit and yogurt
- ☐ Note drinks, coffee, and beverages to restock

Build the Shopping List

- ☐ Write every ingredient from your planned meals
- ☐ Cross off anything you confirmed you already have
- ☐ Group the list by aisle or store section
- ☐ Add household and staple items that are low

- ☐ Estimate the total against your weekly budget
Swap in sale items or cheaper proteins to hit your target.
- ☐ Post the meal plan on the fridge for the family to see