

Personalized Weekly Meal Planning Template

Week of:

e.g., June 28, 2024

Prepared for:

Your name

Weekly Overview

Day	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Shopping List

List your ingredients and groceries here

Preparation & Notes

Notes, prep tips, leftovers plan, etc.