

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 _____



Two-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



