**One-Week Menu Planner**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **S** unday | **M** onday | **T** uesday | **W** ednesday | **T** hursday | **F** riday | **S** aturday |
| br eakfast | br eakfast | br eakfast | br eakfast | br eakfast | br eakfast | br eakfast |
| 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 ::

L ::

S ::

dinner

monday B ::

L ::

S ::

dinner

tuesday B ::

L ::

S ::

dinner

wednesday B ::

L ::

S ::

dinner

thursday B ::

L ::

S ::

dinner

friday B ::

L ::

S ::

dinner

satur day B ::

L ::

S ::

dinner

# One-Week Menu Planner

Shopping List

B ::

sunday

L ::

S ::

D ::

B ::

monday

L ::

S ::

D ::

B ::

tuesday

L ::

S ::

D ::

B ::

wednesday

L ::

S ::

D ::

B ::

thursday

L ::

S ::

D ::

B ::

friday

L ::

S ::

D ::

B ::

satur day

L ::

S ::

D ::

# 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

B B

L L

1 S 2 S

D D

B B

L L

3 S 4 S

D D

B B

L L

5 S 6 S

D D

B B

L L

7 S 8 S

D D

B B

L L

9

## 10

S

S

D D

B B

L L

## 11 12

S

S

D D

B B

L L

## 13 14

S

S

D D

# Two-Week Menu Planner

B B

sunday

L L

S S

D D

B B

monday

L L

S S

D D

B B

tuesday

L L

S S

D D

B B

wednesday

L L

S S

D D

B B

thursday

L L

S S

D D

B B

friday

L L

S S

D D

B B

satur day

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 thr ee week four

sunday

B L S D

B L S D

tuesday

monday

B L S D

B L S D

thursday

wednesday

B L S D

B L S D

satur day

friday

B L S D

# Seven-Day Meal Planner

br eakfasts

lunches

snacks

dinners

**Seven-Day Menu Planner**

|  |  |  |  |
| --- | --- | --- | --- |
| B | :: |  | dinner |
| 1 L | :: |  |  |
| S | :: |  |  |
| B | :: |  | dinner |
| 2 L | :: |  |  |
| S | :: |  |  |
| B | :: |  | dinner |
| 3 L | :: |  |  |
| S | :: |  |  |
| B | :: |  | dinner |
| 4 L | :: |  |  |
| S | :: |  |  |
| B | :: |  | dinner |
| 5 L | :: |  |  |
| S | :: |  |  |
| B | :: |  | dinner |
| 6 L | :: |  |  |
| S | :: |  |  |
| B | :: |  | dinner |
| 7 L | :: |  |  |
| S | :: |  |  |

# Menu Plan for the Month of :

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 | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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 | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |

# Two-Store Shopping List

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| stor e |  |  | stor e |  |
| to pur chase | price  $ | coupon? | to pur chase | price coupon?  $ |
|  | $ |  |  | $ |
|  | $ |  |  | $ |
|  | $ |  |  | $ |
|  | $ |  |  | $ |
|  | $ |  |  | $ |
|  | $ |  |  | $ |
|  | $ |  |  | $ |
|  | $ |  |  | $ |
|  | $ |  |  | $ |
|  | $ |  |  | $ |
|  | $ |  |  | $ |
|  | $ |  |  | $ |
|  | $ |  |  | $ |
|  | $ |  |  | $ |
|  | $ |  |  | $ |
|  | $ |  |  | $ |
|  | $ |  |  | $ |
|  | $ |  |  | $ |
|  | $ |  |  | $ |
|  | $ |  |  | $ |
|  | $ |  |  | $ |

**Menu Planning Worksheet**

items on hand re c i p e i d e a s

stor e deals

coupons

# Shopping List

to pur chase price

coupon?

notes



$



$



$



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$



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$



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$



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