

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 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 :: _____

Two-Store Shopping List

store _____

store _____

to purchase	price	coupon?
<input type="checkbox"/>	\$	<input type="checkbox"/>
<input type="checkbox"/>	\$	<input type="checkbox"/>
<input type="checkbox"/>	\$	<input type="checkbox"/>
<input type="checkbox"/>	\$	<input type="checkbox"/>
<input type="checkbox"/>	\$	<input type="checkbox"/>
<input type="checkbox"/>	\$	<input type="checkbox"/>
<input type="checkbox"/>	\$	<input type="checkbox"/>
<input type="checkbox"/>	\$	<input type="checkbox"/>
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<input type="checkbox"/>	\$	<input type="checkbox"/>
<input type="checkbox"/>	\$	<input type="checkbox"/>
<input type="checkbox"/>	\$	<input type="checkbox"/>
<input type="checkbox"/>	\$	<input type="checkbox"/>
<input type="checkbox"/>	\$	<input type="checkbox"/>

to purchase	price	coupon?
<input type="checkbox"/>	\$	<input type="checkbox"/>
<input type="checkbox"/>	\$	<input type="checkbox"/>
<input type="checkbox"/>	\$	<input type="checkbox"/>
<input type="checkbox"/>	\$	<input type="checkbox"/>
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<input type="checkbox"/>	\$	<input type="checkbox"/>
<input type="checkbox"/>	\$	<input type="checkbox"/>
<input type="checkbox"/>	\$	<input type="checkbox"/>
<input type="checkbox"/>	\$	<input type="checkbox"/>
<input type="checkbox"/>	\$	<input type="checkbox"/>
<input type="checkbox"/>	\$	<input type="checkbox"/>

Menu Planning Worksheet

store deals

coupons

items on hand

recipe ideas

Shopping List

to purchase	price	coupon?
○	\$	○
○	\$	○
○	\$	○
○	\$	○
○	\$	○
○	\$	○
○	\$	○
○	\$	○
○	\$	○
○	\$	○
○	\$	○
○	\$	○
○	\$	○
○	\$	○
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○	\$	○
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○	\$	○
○	\$	○
○	\$	○
○	\$	○
○	\$	○
○	\$	○
○	\$	○
○	\$	○
○	\$	○
○	\$	○
○	\$	○
○	\$	○
○	\$	○

notes