

Weekly Meal Plan

Plan the week, shop once, use what you have.



Week of: _____ Leftovers to use up: _____

	Breakfast	Lunch	Dinner	Snack
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

10 budget-friendly family meals

Easy to stretch. Swap in whatever you have.

- Rice & beans**
add salsa, cheese or a fried egg on top
- Egg fried rice**
day-old rice, eggs, frozen peas & carrots
- Pasta with veggies**
canned tomatoes plus any frozen or fresh veggies
- Black bean quesadillas**
tortillas, beans, cheese, a little corn
- Chili**
beans, canned tomatoes, onion; meat optional
- Potato soup**
potatoes, onion, milk or broth
- Sheet-pan chicken & veggies**
chicken thighs, potatoes, carrots, one pan
- Breakfast for dinner**
eggs, pancakes or toast, fruit
- Lentil soup**
lentils, carrots, onion, canned tomatoes
- Tuna or bean wraps**
tortillas, tuna or mashed beans, lettuce

Grocery List

Shop by section so you only walk the store once.



Store: _____ Shopping day: _____ Budget: \$ _____

Fruits & veggies

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Meat, eggs & beans

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Dairy

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Bread, rice & grains

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Cans & dry goods

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Frozen

- ☐ _____
- ☐ _____
- ☐ _____

Household & personal

- ☐ _____
- ☐ _____
- ☐ _____

Other

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Pantry staples to keep

Check what you have. Circle what's running low.

- | | | | |
|--|--|---|--|
| ☐ Rice | ☐ Oats | ☐ Peanut butter | ☐ Onions |
| ☐ Dried or canned beans | ☐ Tortillas | ☐ Eggs | ☐ Cooking oil |
| ☐ Lentils | ☐ Flour | ☐ Frozen veggies | ☐ Broth or bouillon |
| ☐ Pasta | ☐ Canned tomatoes | ☐ Potatoes | ☐ Salt, pepper & spices |