FREE PRINTABLE

Monthly Meal Planner

9 undated pages | dinner calendar, grocery list, budget & more







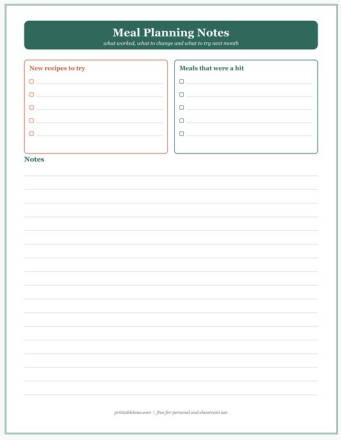












Monthly Dinner Calendar

write the date in the corner, plan one dinner per day

Month: _____ Year: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
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Busy nights & events this month

Monthly Meal Planner

breakfast, lunch and dinner for every day of the month

Month: _____ Year: _____

Date	Day	Breakfast	Lunch	Dinner
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
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30				
31				

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Theme Night Planner

give each weeknight a theme, then fill in a different meal each week

Month: _____ Year: _____

Day	Theme	Week 1	Week 2	Week 3	Week 4	Week 5
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						

Theme ideas to choose from

- Soup Night
- Pasta Night
- Sheet-Pan Night
- Breakfast for Dinner
- Stir-Fry Night
- Slow Cooker Night
- Homemade Pizza Night
- Meatless Night
- Fish Night
- Wraps & Bowls Night
- Grill Night
- Leftovers Night

Family Favorite Meals

the meals everyone eats: plan from this list when you are stuck

Meal	Who loves it	Prep time	Recipe source	This month
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
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				☐
				☐
				☐
				☐
				☐
				☐

Tick "This month" for each favorite you put on the calendar.

Pantry & Freezer Inventory

check what you have before you plan and shop

Month: _____ Year: _____

Pantry

Item	Qty	Use by

Freezer

Item	Qty	Date frozen

Use the oldest dates first. Fridge: 40°F (4°C) or below. Freezer: 0°F (-18°C) or below.

Monthly Grocery List

stock-up list by store section: one big shop plus top-ups

Month: _____ Year: _____

Produce

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Meat & Fish

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Dairy & Eggs

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Bakery & Bread

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Pantry & Canned

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Frozen

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Snacks & Drinks

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Household & Other

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Monthly Food Budget Tracker

groceries and eating out, receipt by receipt

Month: _____ Year: _____

Food budget	Groceries budget	Eating out budget
$ _____	$ _____	$ _____

Date	Store / place	Groceries	Eating out	Running total

Week 1	Week 2	Week 3	Week 4	Week 5
$ _____	$ _____	$ _____	$ _____	$ _____

Total spent $ _____ Under / over budget $ _____

Leftovers & Batch Cooking Plan

cook once, eat twice: track portions and eat-by dates

Batch cooking

Batch recipe	Cook day	Portions	Fridge: eat by	Freezer: date	Used on

Leftovers log

Date cooked	Leftover	Eat by	Eaten	Frozen
			☐	☐
			☐	☐
			☐	☐
			☐	☐
			☐	☐
			☐	☐
			☐	☐
			☐	☐
			☐	☐

Leftover basics (USDA)

- Refrigerate within 2 hours (1 hour if it is above 90°F outside).
- Eat fridge leftovers within 3 to 4 days, or freeze them.
- Reheat leftovers to 165°F, checked with a food thermometer.

Meal Planning Notes

what worked, what to change and what to try next month

New recipes to try

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Meals that were a hit

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Notes