Meal planner on a budget

Start with what you have, then add only what is missing.

Week of _____ Food budget $ _____ Spent $ _____

Day	Breakfast	Lunch	Dinner	Cost
Sunday				$
Monday				$
Tuesday				$
Wednesday				$
Thursday				$
Friday				$
Saturday				$
Week				$

Use up first

Leftovers become

On sale this week

Dinner rotation

Fill this once with cheap meals your family likes, then repeat it.

Dinner 1 Cost $	**Dinner 2** Cost $	**Dinner 3** Cost $	**Dinner 4** Cost $
Dinner 5 Cost $	**Dinner 6** Cost $	**Dinner 7** Cost $	**Dinner 8** Cost $
Dinner 9 Cost $	**Dinner 10** Cost $	**Dinner 11** Cost $	**Dinner 12** Cost $
Dinner 13 Cost $	**Dinner 14** Cost $	**Dinner 15** Cost $	**Dinner 16** Cost $
Dinner 17 Cost $	**Dinner 18** Cost $	**Dinner 19** Cost $	**Dinner 20** Cost $

Backup meals from the pantry

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Cost per serving

Add the ingredients, divide by servings.

Meal _____

Ingredient	Cost
	$
	$
	$
	$
	$
	$
	$
	$
	$
Total	$

Servings _____

Cost per serving _____

Meal _____

Ingredient	Cost
	$
	$
	$
	$
	$
	$
	$
	$
	$
Total	$

Servings _____

Cost per serving _____

Meal _____

Ingredient	Cost
	$
	$
	$
	$
	$
	$
	$
	$
	$
Total	$

Servings _____

Cost per serving _____

Meal _____

Ingredient	Cost
	$
	$
	$
	$
	$
	$
	$
	$
	$
Total	$

Servings _____

Cost per serving _____

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Shopping list

Grouped the way most stores are laid out.

Week of _____ Budget $ _____

Produce

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Dairy

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Frozen

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Protein

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Pantry

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Other

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

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