



Petal & Paper

YOUR FREE PRINTABLE

Meal plan for one



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E A T I N G A L O N E , E A T I N G W E L L

meal plan for one

This week

Budget: £___ Protein focus: ___ Veg to use up: ___

Monday to Wednesday

Mon: Breakfast ___ Lunch ___ Dinner ___
Snack ___

Tue: Breakfast ___ Lunch ___ Dinner ___

Wed: Breakfast ___ Lunch ___ Dinner ___

Thursday to Sunday

Thu: Dinner ___ (batch cook for Fri?)

Fri: Dinner ___ (from batch: ☐ or fresh: ☐)

Sat: Dinner ___

Sun: Dinner ___ (batch cook for Mon/Tue: ___)

Shopping list (just what you need)

Protein: _____

Veg: _____

Fridge essentials: _____

Storecupboard to restock:

Estimated cost: £___