



Petal & Paper

YOUR FREE PRINTABLE

Monthly meal planning template



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MONTHLY MEAL PLAN

meal planning

Week 1

Mon: _____ Tue: _____

Wed: _____ Thu: _____

Fri: _____ Sat: _____

_____ Sun: _____

Week 3 and 4

Week 3: Mon ____ Tue ____ Wed ____ Thu ____

Fri ____ Sat ____ Sun ____

Week 4: Mon ____ Tue ____ Wed ____ Thu ____

Fri ____ Sat ____ Sun ____

Week 2

Mon: _____ Tue: _____

Wed: _____ Thu: _____

Fri: _____ Sat: _____

_____ Sun: _____

Recurring family favourites

Week A rotation: _____

Week B rotation: _____

Batch cook to freeze: _____

Shopping staples always needed:
