



Petal & Paper

YOUR FREE PRINTABLE

Weekly meal planning worksheet



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M E A L P L A N N I N G

weekly meals

Meals this week

Monday: _____ Protein: ____
Tuesday: _____ Protein: ____
Wednesday: _____ Protein: ____

Thu/Fri: ____ ____ Weekend: ____

Batch cook plan

Sunday prep session: ☐ Time: ____hrs
Make in advance: _____
Freeze: _____ Portions: ____

Shopping list

Protein: _____
Veg and fruit: _____
Cupboard / store: _____
Dairy / chilled: _____

Budget

Weekly food budget: £____
Estimated spend: £____
Shop at: ____ Delivery: ☐
Surplus to next week: £____