

Meal Planner

Week of _____

Meal planning is an effective tool for reducing food waste that will save you time and money. Use this chart to help plan your meals for the week. Decide what you will make and when, and fill in the dish(es) for that meal. **Shop your pantry, fridge and freezer first.** Then make your shopping list from the “Ingredients Needed” column.



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							
Snacks							
To Cook							

Meals to Make	Ingredients On Hand	Ingredients Needed
EX: Stir fry (dish or food item)	Pea pods, rice, cumin, ginger	Soy sauce, scallions, mushrooms

