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MEAL PLANNER

Prep and budget

WEEK OF	PREP DAY	PEOPLE	WEEKLY FOOD BUDGET

Meal	For	Servings	Ingredient cost	Per serving	Prepped
					❑
					❑
					❑
					❑
					❑
					❑
					❑
					❑
					❑
					❑
					❑
					❑

Servings prepared	
Total ingredient cost	
Average per serving	
Weekly food budget	
Left for extras	

PREP DAY ORDER

- ❑ Oven on; roast veg and chicken first
- ❑ Grains and pasta on the hob
- ❑ Chop raw veg for the week
- ❑ Sauces and dressings
- ❑ Portion into containers, label with day
- ❑ Freeze anything for after Thursday
- ❑ Wash up as you go
- ❑ Update the list for next week

Containers needed / notes