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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
					☐
					☐
					☐
					☐
					☐
					☐
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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