SUPPER PLAN

Meal Planner & Grocery List

Plan the week in ten minutes, shop once, waste less: weekly and monthly planners, a grocery list by aisle, pantry and freezer inventories and recipe cards.

Weekly + monthly | 21 pages | Letter + A4

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START HERE

Plan the week in 10 minutes

1 · CHECK WHAT YOU HAVE

Look at the fridge and freezer pages first: plan two dinners around what needs using up.

2 · DINNERS FIRST

Write five dinners and leave two nights for leftovers or a night off. Then fill breakfasts and lunches.

3 · LIST AS YOU PLAN

Add each ingredient to the grocery list by aisle so the shop is one loop of the store.

4 · KEEP THE FAVOURITES

Every meal everyone liked goes in the Family Favourites bank. Next month's planning takes five minutes.

Want it done for you? The free Larderwick app on cybermaxtools.com writes the grocery list from your recipes.

WEEKLY

Weekly meal planner

Plan dinners first, then fill the gaps. Add ingredients to the list as you go.

Week of

DAY	BREAKFAST	LUNCH	DINNER
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

GROCERY LIST

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MONTHLY

Monthly dinner plan

Write the date in each box, then a dinner.

Month

DAY	DAY	DAY	DAY	DAY	DAY	DAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	32	33	34	35

SHOPPING

Grocery list

By aisle, so the shop is one loop of the store.

PRODUCE

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MEAT & FISH

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DAIRY & EGGS

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BAKERY

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PANTRY

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FROZEN

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SNACKS & DRINKS

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HOUSEHOLD

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Recipe cards

Cut along the boxes, or keep them on the page.

RECIPE

Serves · time

Ingredients

METHOD

RECIPE

Serves · time

Ingredients

METHOD

RECIPE

Serves · time

Ingredients

METHOD

RECIPE

Serves · time

Ingredients

METHOD