Nestara

SMART HOME & FAMILY LIVING

Weekly Meal Planner

Plan once, shop once, and stop the 5 p.m. “what’s for dinner?” panic.

Plan the week · Shop the list · Cook with calm

Week of: _____

DAY	Breakfast START THE DAY	Lunch MIDDAY FUEL	Dinner THE MAIN EVENT
Monday DAY 1			
Tuesday DAY 2			
Wednesday DAY 3			
Thursday DAY 4			
Friday DAY 5			
Saturday DAY 6			
Sunday DAY 7			

This week’s *grocery list*

SHOP ONCE

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

*Keep two nights flexible — **leftovers and breakfast-for-dinner count as a plan.***