FOOD / WORKSHEET

Weekly Meal + Grocery Kit

Plan meals around the week, existing groceries and available time.

WEEK BEGINNING

FOOD BUDGET

1 SHOP THE PANTRY FIRST

Identify what is already in the fridge, freezer and cabinets.

2 REALISTIC WEEK

Plan for household needs, time, allergies and busy days.

3 LEFTOVERS + BACKUP

Set a simple fallback meal and plan how extras will be used.

KEEP YOUR SOURCES

Add dates and factual notes. Keep original documents in a secure separate place.

FOOD / RECORD + REVIEW

Weekly Meal + Grocery Kit

Plan meals around the week, existing groceries and available time.

PERIOD / PROJECT	REVIEW DATE

DAY	MEAL	INGREDIENT	ON HAND?	BUY / PREP

EXPECTED GROCERY TOTAL	ACTUAL GROCERY TOTAL

RECONCILE BEFORE DECIDING

Amounts and statuses do not calculate automatically. Review estimates against confirmed facts.

FOOD / EXAMPLE + USE GUIDE

Weekly Meal + Grocery Kit

Plan meals around the week, existing groceries and available time.

01

CHECK YOUR SUPPLIES

Avoid buying ingredients you already have.

02

COMBINE THE LIST

Group repeat ingredients across planned recipes.

03

STAY FLEXIBLE

Keep your plan adaptable and follow food-safety guidance.

SAMPLE / USING EXTRAS

Monday: roast vegetables. Tuesday: add extras to a grain bowl.

If vegetables are already available, mark them on hand instead of rebuying.

SCOPE + SAFETY

Follow safe storage and allergy advice appropriate to your ingredients and household.