

Meal Plan + Grocery List

Shape the nights first. Choose dinners second. Add only the groceries the plan still needs.

Week of _____

■ PLAN THE WEEK AROUND THE NIGHTS YOU ACTUALLY HAVE

	WHAT SHAPES TONIGHT	DINNER	OWNER	FALLBACK	PREP / THAW
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

■ ADD ONLY WHAT THOSE DINNERS STILL NEED

	PRODUCE	PROTEIN	DAIRY	PANTRY	FROZEN	HOUSEHOLD / OTHER
1						
2						
3						

■ FINISH THE HANDOFF

Check the fridge, freezer, and pantry before shopping. Keep one list current after the handoff.

Use first _____ Who is shopping _____ Cannot forget _____