

Weekly Meal Planning Checklist

By Checklister

☐ Check which meals need planning

Look at the coming week's schedule and who will be eating at home.

☐ Check the fridge, freezer and cupboard

Note ingredients to use first and what is already available. Follow storage labels and discard food that is not safe to eat.

☐ Choose meals for the busiest days first

Pick familiar meals that fit the time and equipment you will have.

☐ Choose meals for the remaining days

Include an easy fallback and any planned meals out. You do not need a different recipe for every meal.

☐ Write the meals against the days

Use your usual calendar or a note in the saved checklist. Include lunches and breakfasts only where planning them is useful.

☐ Check the portions needed

Adjust each recipe to the number of people eating and any intentionally planned leftovers.

☐ Check ingredient quantities against what you already have

☐ Add missing ingredients to the grocery list

Combine quantities used by more than one meal, then check staples before adding them.

☐ Choose when to shop or place the grocery order

☐ Add any advance-preparation task to the right day

For example, move a frozen ingredient to the fridge when appropriate for its storage instructions. Planning does not perform the preparation.

☐ Share the meal plan with anyone cooking or shopping

Agree responsibilities through your usual household channel.

☐ Choose the first meal to make

Leave its recipe or instructions easy to find.