Weekly dinner planner

Fifteen minutes on Sunday: the week, five dinners and one grocery list.

poppycal

THIS WEEK

Week of _____

	ON THE CALENDAR	DINNER
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Plan five dinners. Keep one night for leftovers and one for takeout.

THE SUNDAY ROUTINE

- [ ] **STEP 1** Look at the week first
- [ ] **STEP 2** Pick five dinners
- [ ] **STEP 3** Choose from your regulars
- [ ] **STEP 4** Build the grocery list from the meals
- [ ] **STEP 5** Shop once

OUR REGULARS

Meals we make on repeat

1 _____ 5 _____

2 _____ 6 _____

3 _____ 7 _____

4 _____ 8 _____

GROCERY LIST

Go meal by meal, then shop once

Produce	Meat & dairy	Pantry	Everything else
☐	☐	☐	☐
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Plan for the week you're actually having.

Keep the plan and the list on every phone with Poppycal: **poppycal.com**