



Weekly Meal Planner

mittsy.app · free template

Week of _____

DAY	DINNER	PREP / NOTES	~\$
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Dinner total

~\$

Grocery list

PRODUCE

MEAT & FISH

DAIRY & EGGS

BAKERY & GRAINS

PANTRY & CANNED

FROZEN

OTHER

Weekly budget

\$ _____

☐ Batch night (cook once, eat twice) ☐ Pantry checked ☐ List priced

Planned and priced automatically in the Mittsy app