Meal Prep Planner Template Free Printable: Simple 7-Day PDF

Free printable. Full guide and tips: https://betterlifecarez.com/meal-prep-planner-template-free-printable/

Free Printable Meal Prep Planner: Weekly Kit

Fill in one sheet per week. The first row of each table is an example in italics.

Part 1: 7-Day Meal Plan

Day	Breakfast	Lunch	Dinner	Snack
Example	*Overnight oats, berries*	*Chicken rice bowl*	*Sheet-pan salmon, veggies*	*Apple, peanut butter*
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Part 2: Grocery List

Item	Amount	Store Section	Got It
Chicken thighs	*2 pounds*	*Meat*	*Yes*

Part 3: Prep-Day Checklist

Task	Time Needed	Done
Cook a pot of rice	*25 min*	*Yes*

Part 4: Fridge and Freezer Log

Food	Made On	Eat By	Fridge or Freezer
Turkey chili	*Sunday*	*Wednesday*	*Fridge*

How to Use This Planner

- Fill in dinners first, then lunches, then breakfasts.
- Write leftovers into the next day's lunch box.
- Build the grocery list straight from your meal grid.
- List prep tasks longest first, so the oven never sits idle.
- Log every cooked dish with an eat-by date of 3 to 4 days.