
Family
GROCERY PLANNER
SIMPLE LISTS • MEAL PLANS • SNACK IDEAS
LESS STRESS • HAPPIER DAYS
FOR BUSY MOMS
Plan
Shop
Save Time
Feed a Happy Family

Weekly Meal Plan

WEEK OF:

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

THIS WEEK'S GOALS

- ○ _____
- ○ _____

LEFTOVERS / NOTES

_____

_____

Master Grocery List

PRODUCE

- ○ Apples
- ○ Bananas
- ○ Oranges
- ○ Grapes
- ○ Strawberries
- ○ Blueberries
- ○ Raspberries
- ○ Lemons
- ○ Limes
- ○ Tomatoes
- ○ Cucumbers
- ○ Carrots
- ○ Bell peppers
- ○ Broccoli
- ○ Cauliflower
- ○ Lettuce
- ○ Spinach
- ○ Kale
- ○ Celery
- ○ Onions
- ○ Garlic
- ○ Potatoes
- ○ Sweet potatoes
- ○ Zucchini
- ○ Mushrooms
- ○ Avocados
- ○ Fresh herbs
- ○ Seasonal fruit
- ○ Other vegetables

MEAT & PROTEIN

- ○ Chicken breast
- ○ Ground beef
- ○ Ground turkey
- ○ Pork chops
- ○ Steak
- ○ Sausages
- ○ Bacon
- ○ Ham
- ○ Deli meat
- ○ Meatballs
- ○ Chicken nuggets
- ○ Fish
- ○ Shrimp
- ○ Eggs
- ○ Tofu
- ○ Tempeh
- ○ Canned tuna
- ○ Canned salmon

PANTRY ESSENTIALS

- ○ Pasta
- ○ Rice
- ○ Quinoa
- ○ Cereal
- ○ Oats
- ○ Flour
- ○ Sugar
- ○ Brown sugar
- ○ Tomato sauce
- ○ Tomato paste
- ○ Canned tomatoes
- ○ Olive oil
- ○ Vinegar
- ○ Soy sauce
- ○ BBQ sauce
- ○ Hot sauce
- ○ Spices
- ○ Dried herbs
- ○ Salt
- ○ Pepper
- ○ Broth
- ○ Stock
- ○ Beans
- ○ Lentils
- ○ Chickpeas
- ○ Tortillas
- ○ Wraps
- ○ Bread
- ○ Rolls
- ○ Crackers
- ○ Granola bars
- ○ Peanut butter
- ○ Seed butter
- ○ Jam
- ○ Honey
- ○ Coffee
- ○ Tea
- ○ Other: _____

DAIRY & ALTERNATIVES

- ○ Milk
- ○ Milk alternative
- ○ Cheddar
- ○ Mozzarella
- ○ Yogurt
- ○ Greek yogurt
- ○ Butter
- ○ Cream cheese
- ○ Sour cream
- ○ Cottage cheese

Master Grocery List

FROZEN

- ○ Frozen vegetables
- ○ Frozen fruit
- ○ Smoothie mix
- ○ Frozen meals
- ○ Pizza
- ○ Pizza dough
- ○ Fries
- ○ Hash browns
- ○ Waffles
- ○ Pancakes
- ○ Chicken nuggets
- ○ Fish sticks
- ○ Ice cream



SNACKS & KIDS ESSENTIALS

- ○ Granola bars
- ○ Crackers
- ○ Rice cakes
- ○ Fruit pouches
- ○ Applesauce
- ○ Nuts
- ○ Seeds
- ○ Trail mix
- ○ Cheese strings
- ○ Pudding cups
- ○ Yogurt tubes
- ○ Dried fruit
- ○ Popcorn
- ○ Pretzels
- ○ Mini muffins
- ○ Goldfish
- ○ Veggie chips
- ○ Fruit bars

BAKING & CONDIMENTS

- ○ Ketchup
- ○ Mustard
- ○ Mayonnaise
- ○ Salad dressing
- ○ Maple syrup
- ○ Honey
- ○ Baking soda
- ○ Baking powder
- ○ Vanilla extract
- ○ Chocolate chips
- ○ Cocoa
- ○ Yeast
- ○ Cornstarch
- ○ Extra flour
- ○ Baking supplies
- ○ Other: _____



HOUSEHOLD & PERSONAL

- ○ Dish soap
- ○ Laundry detergent
- ○ Garbage bags
- ○ Paper towels
- ○ Toilet paper
- ○ Tissues
- ○ Hand soap
- ○ Cleaning spray
- ○ Sponges
- ○ Disinfectant wipes
- ○ Foil
- ○ Plastic wrap
- ○ Storage bags
- ○ Diapers
- ○ Pet supplies
- ○ Shampoo
- ○ Body wash
- ○ Toothpaste
- ○ Personal care

Lunchbox + Snack Helper

PROTEIN IDEAS

- ○ Cheese strings / deli meat
- ○ Hard-boiled eggs / tuna
- ○ Hummus / seed butter
- ○ Yogurt / mini meatballs
- ○ Chicken strips / tofu bites

FRUIT IDEAS

- ○ Apple slices / banana
- ○ Berries / grapes
- ○ Mandarin oranges / melon
- ○ Pineapple / kiwi
- ○ Applesauce / dried fruit

VEGGIE IDEAS

- ○ Carrot sticks / cucumber
- ○ Bell pepper strips
- ○ Cherry tomatoes / snap peas
- ○ Celery sticks / broccoli
- ○ Radish slices

CARBS / EXTRAS

- ○ Crackers / rice cakes
- ○ Mini muffins / granola bars
- ○ Pita bread / wraps
- ○ Pretzels / popcorn
- ○ Mini bagels

DRINKS

- ○ Water
- ○ Milk / milk alternative
- ○ Smoothies

LUNCHBOX ESSENTIALS

- ○ Ice pack / insulated bag
- ○ Reusable containers
- ○ Utensils / napkins

MOM'S LUNCH, TOO

Pack yours alongside theirs: a wrap + fruit, or leftovers + a snack.

My easy lunch this week: _____

Follow school allergy rules; cut foods safely for age and ability.
Keep perishable lunches chilled in an insulated bag with cold packs.

Quick Family Meal Ideas

BREAKFAST IDEAS

- ○ Pancakes / waffles
- ○ Oatmeal
- ○ Eggs + toast
- ○ Smoothies
- ○ Yogurt + granola



LUNCH IDEAS

- ○ Quesadillas
- ○ Grilled cheese
- ○ Pasta / wraps
- ○ Leftovers
- ○ Sandwiches



DINNER IDEAS

- ○ Chicken + vegetables
- ○ Pasta / tacos
- ○ Stir fry
- ○ Homemade pizza
- ○ Soup / one-pot meals



SNACK IDEAS

- ○ Fruit + yogurt
- ○ Vegetables + hummus
- ○ Granola bars
- ○ Rice cakes + cheese
- ○ Homemade muffins



FAMILY FAVORITES

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

Good Food | Happy Family | Less Stress

Grocery Budget Tracker

WEEK OF: _____ **BUDGET: $_____**

DATE	STORE	CATEGORY	AMOUNT	NOTES



TOTAL SPENT: $_____

BUDGET REMAINING: $_____

Weekly Prep & Notes

THIS WEEK I'M PREPPING

- ○ _____
- ○ _____
- ○ _____
- ○ _____

THINGS WE'RE LOW ON

- ○ _____
- ○ _____
- ○ _____
- ○ _____

NOTES / REMINDERS

_____

_____

_____

_____

_____

SHOPPING TIPS

- ○ Check pantry + fridge first
- ○ Plan meals for the week
- ○ Make a list and stick to it
- ○ Shop after eating
- ○ Look for sales + compare prices
- ○ Choose versatile ingredients
- ○ Prep snacks ahead of time
- ○ Keep easy options visible
- ○ Use leftovers
- ○ Freeze extra portions
- ○ Stick to your budget

A Well-Fed Family is a Happy Family

Tonight Changed, Now What?

Choose what fits the time and energy you have today.

Easy swaps: tortillas or bread / chicken or cheese / fresh or frozen vegetables.

5 MINUTES / ASSEMBLE + EAT

Hummus wraps

Spread hummus on tortillas; add grated carrot and cheese. Roll + serve.

Snack-plate dinner

Set out crackers, cheese, hummus, cut vegetables and fruit.

15 MINUTES / ONE SIMPLE HOT MEAL

Chicken + cheese quesadillas

Fill tortillas with cooked chicken + cheese; toast in a skillet.

Eggs on toast

Scramble eggs; serve on toast with sliced fruit or vegetables.

ALMOST NO COOKING / LET SHORTCUTS HELP

Chicken + ready-made sides

Pair ready-to-eat rotisserie chicken with salad + bread rolls.

Tuna rice bowls

Heat ready rice + frozen corn; add drained canned tuna + grated carrot.

OUR BACKUP PLAN

Go-to meal: _____ Easy swap: _____

Keep on hand: _____

Who can take dinner today? _____

One Shop, Three Dinners

A completed example for a family of four. Adjust amounts to appetite.

ONE COMBINED SHOPPING LIST

- ○ 4 cups cooked chicken
- ○ 8 eggs
- ○ 1 cup dry rice
- ○ 8 medium tortillas
- ○ 12 oz dry pasta
- ○ 4 medium carrots
- ○ 2 cups frozen corn
- ○ 2 cups shredded cheese
- ○ 1 cup salsa
- ○ 2 cups tomato pasta sauce
- ○ Pantry: oil + seasoning
- ○ Swap: dairy-free cheese

DINNER 1 / CHICKEN + RICE BOWLS

Use: 1 cup dry rice, 2 cups cooked chicken, 1 cup corn,
2 grated carrots, 1/2 cup cheese + 1/2 cup salsa.

Cook rice as directed. Heat chicken + corn; add carrots, cheese + salsa.

DINNER 2 / EGG + VEGGIE WRAPS

Use: 8 eggs, 8 tortillas, 2 grated carrots, 1 cup corn,
1/2 cup cheese + 1/2 cup salsa.

Saute carrots + corn. Scramble in eggs; fill wraps and add cheese + salsa.

DINNER 3 / TOMATO CHICKEN PASTA

Use: 12 oz dry pasta, 2 cups cooked chicken, 2 cups tomato pasta sauce
+ 1 cup cheese.

Cook pasta as directed. Heat sauce + chicken; toss with pasta. Add cheese.

Start here: check your pantry, then add only what is missing to your list.

The Family Can Help

WEEK OF: _____

Choose an owner together. Each owner handles the task from start to finish.

Example: Lunches / Alex / 8 pm / pack + chill lunches; put bags by the door.

TASK	OWNER	BY WHEN	WHAT DONE LOOKS LIKE
Choose meals + check stock			
Shop + put groceries away			
Wash + portion snacks			
Pack lunches			
Make dinner			
Clean up + store leftovers			

MAKE THE HANDOFF EASY

List / recipe / supplies are here: _____

If plans change, our backup is: _____

Welcome to Your Planner

WHAT'S INCLUDED

12 US Letter pages: cover, 10 planning + reference pages, and this guide.

Plan meals, check groceries, pack lunches, track spending and share tasks.

Use the backup meals on page 9 and the completed example on page 10.

This is a printable PDF for writing by hand; it has no fillable form fields.

PRINT IT YOUR WAY

Paper: US Letter, 8.5 x 11 inches. Print in portrait at Actual Size / 100%.

Select only the pages you need. Single-sided printing gives easy writing access.

Print one test page first; check the edges, text size and peach color.

Color printing preserves the palette. Grayscale works for everyday copies.

A SIMPLE WEEKLY ROUTINE

1. Check what you have, then plan the week on page 2.

2. Mark your shopping needs on pages 3-4 and your prep on page 8.

3. Reprint pages 2, 7, 8 and 11 weekly; reuse the others as references.

Start small: a few planned dinners and one backup meal are enough.

PERSONAL HOUSEHOLD USE

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