

Your Simple Weekly Dinner Planner

Evening meals are often the hardest to plan. Having some idea of what you would like to have each evening helps you to maintaining focus on your goals and takes away the ad-hoc meals during busy times. You can also incorporate when you have a social engagement and even assign family members to meal planning and purchasing to help you, and really help them too. Also, use this as a self-audit tool by ticking the boxes to identify if you achieved this plan or if there were variations and why. This will help you set your goals each week but also to recognize the great achievements.

Week beginning _____

MONDAY

Menu

Ingredients

Comments

- | | | |
|--|---|---------------------------------------|
| <input type="checkbox"/> Kept to my Plan | <input type="checkbox"/> Dined out (too | <input type="checkbox"/> Skipped the |
| <input type="checkbox"/> Dined out | busy to cook) | meal |
| (planned) | | <input type="checkbox"/> Had takeaway |

TUESDAY

Menu

Ingredients

Comments

- | | | |
|--|---|---------------------------------------|
| <input type="checkbox"/> Kept to my Plan | <input type="checkbox"/> Dined out (too | <input type="checkbox"/> Skipped the |
| <input type="checkbox"/> Dined out | busy to cook) | meal |
| (planned) | | <input type="checkbox"/> Had takeaway |

WEDNESDAY

Menu

Ingredients

Comments

- | | | |
|--|---|---------------------------------------|
| <input type="checkbox"/> Kept to my Plan | <input type="checkbox"/> Dined out (too | <input type="checkbox"/> Had takeaway |
| <input type="checkbox"/> Dined out | busy to cook) | |
| (planned) | <input type="checkbox"/> Skipped the meal | |

THURSDAY

Menu

Ingredients

Comments

Kept to my Plan

Dined out (too

Skipped the

Dined out

busy to cook)

meal

(planned)

Had takeaway

FRIDAY

Menu

Ingredients

Comments

Kept to my Plan

Dined out (too

Skipped the

Dined out

busy to cook)

meal

(planned)

Had takeaway



SATURDAY

Menu

Ingredients

Comments

- | | | |
|--|---|---|
| <input type="checkbox"/> Kept to my Plan | <input type="checkbox"/> Dined out (too busy to cook) | <input type="checkbox"/> Skipped the meal |
| <input type="checkbox"/> Dined out (planned) | | <input type="checkbox"/> Had takeaway |

SUNDAY

Menu

Ingredients

Comments

- | | | |
|--|---|---|
| <input type="checkbox"/> Kept to my Plan | <input type="checkbox"/> Dined out (too busy to cook) | <input type="checkbox"/> Skipped the meal |
| <input type="checkbox"/> Dined out (planned) | | <input type="checkbox"/> Had takeaway |