The Busy-Week Meal Planner

Use the actual calendar. Use what you have. Give dinner a plan.

Providing for the household includes the quiet work of planning, checking the kitchen, and making a busy evening easier for everyone.

01 Plan around the real week

Write down practice, meetings, and arrival times first. Choose meals the household will actually eat and someone can realistically prepare.

Day	Evening / time home	Dinner	Prepare ahead	Who's handling it?
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

02 Check the kitchen first

Look before you buy. Check condition and appropriate storage guidance before using anything; do not assume every leftover is safe for the whole week.

Fridge: food to plan around

Freezer: ingredients available

Pantry: ingredients available

One simple backup dinner

The Busy-Week Meal Planner / Review & follow-through

03 Buy for the plan

Add quantities after checking what you have. Note household dietary needs before shopping. Group the list so the trip is easier.

Produce

Protein foods

Grains, canned goods & pantry

Dairy, alternatives & other items

Who shops, and when?

Amount planned for this trip ($)

04 Make next week easier

Review the plan after the week. Keep what worked, notice unused food, and change one practical thing.

A dinner worth repeating

What did we buy but not use?

One adjustment for next week

Next planning time