



Weekly Menu Plan

Use this template for your own weekly menu.
You don't need to be an expert cook, just willing to try new things!

	Breakfast	Lunch	Dinner	Snacks
<i>Monday</i>				
<i>Tuesday</i>				
<i>Wednesday</i>				
<i>Thursday</i>				
<i>Friday</i>				
<i>Saturday</i>				
<i>Sunday</i>				

Example: My Menu

Typical Menu based on favourite meals, season and affordability. I focus on a dinner menu because that's when everyone is home.

Monday	Left-overs.
Tuesday	GROCERY NIGHT. Take-away.
Wednesday	Pork/veg dumplings and rice.
Thursday	Pasta Bolognese.
Friday	Plant-based burger patties + chips.
Saturday	Schnitzels + chips + salad.
Sunday	Japanese style ramen.

Notes:

- Grocery night is every Tuesday. Usually take-away for dinner as a treat.
- The day before grocery night (Monday), is left-over night. I use up ingredients I have left or reheat a cooked meal from the week.
- Tuesdays and Sundays are designated for Menu planning. It can be a challenge to stay organised, so I designate days to combat this.

Adjusting the menu:

- You can adjust your menu to your own needs. If you only need a Weekly Lunch Menu, organise that instead.
- If an event comes up, navigate your menu around that. Changes can always be made!
- Include any dietary requirements and allergies.