

THE FUTURE™



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Weekly Meal Planner™

Plan meals around your time, energy, budget and the food you already have.

WEEK BEGINNING _____ HOUSEHOLD _____ FOOD BUDGET £ / \$ _____

DAY	BREAKFAST	LUNCH	DINNER	SNACKS	PREP / NOTES
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					

Use-first foods & flexible meals

USE FIRST	Fridge / pantry items: _____	NOTES	
FLEX MEAL	Quick backup meal: _____	NOTES	
LEFTOVERS	Planned use: _____	NOTES	

BUY WHAT THE PLAN NEEDS

Shopping List

Check what you already have, then list quantities to reduce forgotten items and food waste.

Before you shop

☐	Check fridge, freezer and cupboards.
☐	Confirm which meals will be eaten away from home.
☐	Review offers only for items you will genuinely use.
☐	Bring bags, loyalty card and any vouchers.

SHOPPING DAY	ESTIMATED TOTAL £ / \$
Fruit & vegetables ☐ ☐ ☐	QUANTITY / NOTES
Meat, fish & alternatives ☐ ☐ ☐	QUANTITY / NOTES
Dairy & chilled ☐ ☐ ☐	QUANTITY / NOTES
Bread, grains & pasta ☐ ☐ ☐	QUANTITY / NOTES
Tins, jars & pantry ☐ ☐ ☐	QUANTITY / NOTES
Frozen ☐ ☐ ☐	QUANTITY / NOTES
Drinks & snacks ☐ ☐ ☐	QUANTITY / NOTES
Household / other ☐ ☐ ☐	QUANTITY / NOTES

MAKE THE WEEK EASIER

Prep Plan & Review*Choose only the preparation that will genuinely save time or reduce stress.***Meal-prep plan**

WHEN	TASK	STORAGE	USE BY / MEAL

Recipe notes

MEAL / RECIPE	SOURCE / LINK	CHANGE FOR NEXT TIME

End-of-week review

Meals we enjoyed _____

Food left to use _____

What went to waste — and why? _____

One change for next week _____

Keep for next week

REPEAT	FREEZE / SAVE	ADD TO NEXT LIST

WEEKLY EASE _____ / 10	ACTUAL FOOD SPEND £ / \$ _____
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The future isn't something you wait for. It's something you build.