

# Meal *planner*





# Monthly Meal Planner

**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

**SUN**


## SHOPPING LIST

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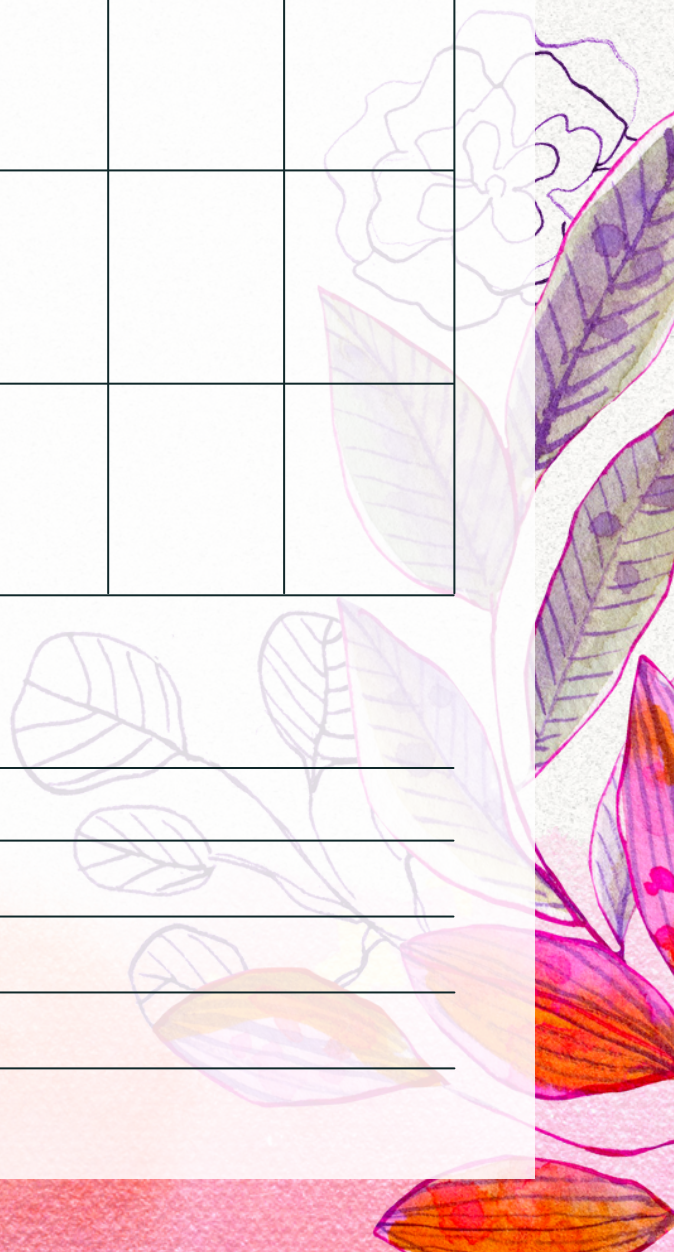
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# Weekly Meal Planner

From: / / to: / /

	BREAKFAST	LUNCH	DINNER	OTHER
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				





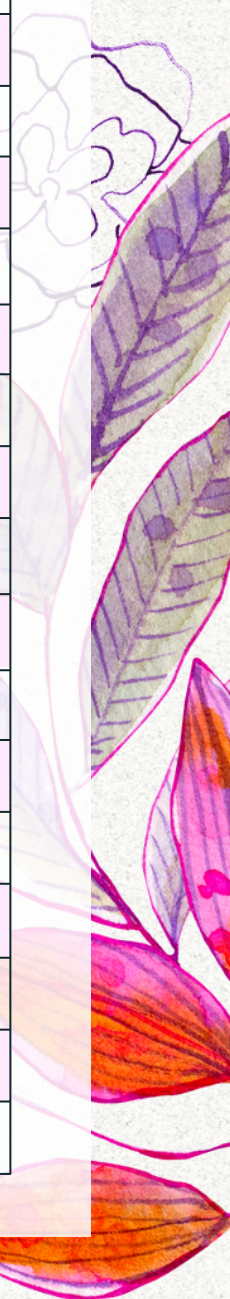






# Pantry Inventory

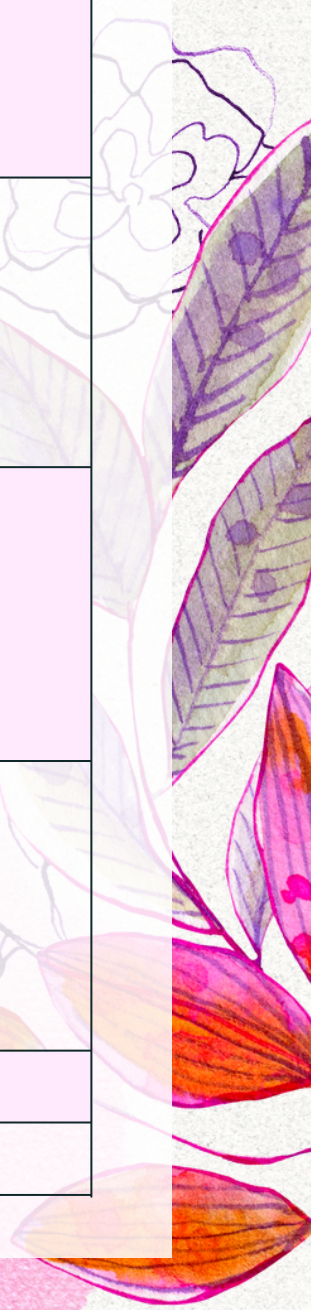
PRODUCT	QUANTITY	USE BY





# School Lunches

DAYS	SNACKS	LUNCHES
<b>NOTES:</b>		





# Grocery List

✓	MEAT / FISH / DAIRY	QTY

✓	FRUITS & VEGETABLES	QTY

✓	PANTRY ITEMS	QTY

✓	FREEZER ITEMS	QTY

✓	BEVERAGE & SNACKS	QTY

✓	MISCELLANEOUS	QTY





# Recipe Page

**TITLE** \_\_\_\_\_

**PREP TIME** \_\_\_\_\_

**COOK TIME** \_\_\_\_\_

## INGREDIENTS

## DIRECTIONS

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## NOTES

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# Recipes To Try

**TITLE**

**RATING**


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# Shopping List

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# Chat GPT Prompts *for Meal Planning on a Budget*

Chat GPT is an AI bot you can use to answer complex questions. It uses whatever context you give it and accesses the internet as its knowledge base. Give it as much detail as possible when asking it questions.

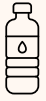
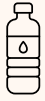
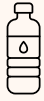
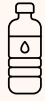




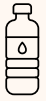
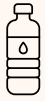
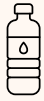
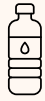






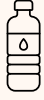

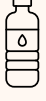



































[Here is the link to go to Chat GPT](#)

Here are 5 prompts to enter in Chat GPT to help you save money and meal plan for your family:

- Create a weekly (vegan/vegetarian) meal plan with a shopping list for 6 people and keep the budget below \$150.
- Create a weekly meal plan for high-protein vegetarian breakfast ideas that are also gluten-free. Include a shopping list for 4 people and keep the budget below \$150.
- Create a weekly meal plan for one-pan dinner ideas that are high in protein and also budget-friendly. Include a shopping list for 4 people and keep the budget below \$200.
- Create a weekly meal plan for low-fat dinner ideas that are also kid-friendly with a shopping list for 6 people and keep the budget below \$250.
- Create a weekly meal plan for a busy week that can be made in advance and stored in the freezer. Include a shopping list for 4 people and keep the budget below \$200.



# Health Tracker

	FOOD PLAN	WATER	EXERCISE	CALORIES
<b>MONDAY</b>	<b>B</b> _____ <b>L</b> _____ <b>D</b> _____ <b>S</b> _____	       		<b>B</b> _____ <b>L</b> _____ <b>D</b> _____ <b>S</b> _____
<b>TUESDAY</b>	<b>B</b> _____ <b>L</b> _____ <b>D</b> _____ <b>S</b> _____	       		<b>B</b> _____ <b>L</b> _____ <b>D</b> _____ <b>S</b> _____
<b>WEDNESDAY</b>	<b>B</b> _____ <b>L</b> _____ <b>D</b> _____ <b>S</b> _____	       		<b>B</b> _____ <b>L</b> _____ <b>D</b> _____ <b>S</b> _____
<b>THURSDAY</b>	<b>B</b> _____ <b>L</b> _____ <b>D</b> _____ <b>S</b> _____	       		<b>B</b> _____ <b>L</b> _____ <b>D</b> _____ <b>S</b> _____
<b>FRIDAY</b>	<b>B</b> _____ <b>L</b> _____ <b>D</b> _____ <b>S</b> _____	       		<b>B</b> _____ <b>L</b> _____ <b>D</b> _____ <b>S</b> _____
<b>SATURDAY</b>	<b>B</b> _____ <b>L</b> _____ <b>D</b> _____ <b>S</b> _____	       		<b>B</b> _____ <b>L</b> _____ <b>D</b> _____ <b>S</b> _____
<b>SUNDAY</b>	<b>B</b> _____ <b>L</b> _____ <b>D</b> _____ <b>S</b> _____	       		<b>B</b> _____ <b>L</b> _____ <b>D</b> _____ <b>S</b> _____

