Worked example - a sample family week. Fill in your own meals.

Weekly meal plan

Week commencing: Monday 16 November

	Breakfast	Lunch	Dinner	Snacks
Monday	Porridge and berries	Packed lunch: cheese wraps	Veggie chilli and rice	Fruit, yoghurt
Tuesday	Toast and eggs	Chilli jacket potato	Fish fingers, peas, chips	Apple slices
Wednesday	Cereal and banana	Soup and bread roll	Pasta bake and salad	Oatcakes
Thursday	Porridge and berries	Chicken sandwich	Chicken curry and naan	Carrot, hummus
Friday	Toast and peanut butter	Pasta salad	Homemade pizza night	Popcorn
Saturday	Pancakes	Beans on toast	Roast veg and sausages	Fruit
Sunday	Scrambled eggs	Out for lunch	Roast chicken dinner	Biscuit with tea

Cook once, eat twice

Make double chilli on Monday

Roast chicken leftovers for Tuesday's soup

Notes

Late finish Thursday - use slow cooker

Birthday tea Saturday afternoon

Worked example - a sample family week. Fill in your own meals.

How to use this template

A meal plan takes the daily 'what's for dinner?' decision away. This one is a simple week grid that you can reuse every week.

1. **Check the diary first.** Note late finishes, clubs and nights out, and plan quick meals for those days.
2. **Fill in dinners, then the rest.** Start with the main meals and add breakfasts, lunches and snacks as you need.
3. **Check the cupboards.** Use what you already have, then write a shopping list for the gaps.
4. **Use the notes box.** Jot down leftovers to reuse or meals you want to repeat.

This template is a planning tool only. For nutrition or dietary advice, see the NHS website or speak to a GP or registered dietitian.