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

Meal plan and shopping list

Week commencing: Monday 16 November

This week's dinners

Day	Dinner	Notes
Monday	Veggie chilli and rice	Make double
Tuesday	Fish fingers, peas, chips	Quick - after clubs
Wednesday	Pasta bake and salad	
Thursday	Chicken curry and naan	Slow cooker
Friday	Homemade pizza	Kids help
Saturday	Sausages and roast veg	
Sunday	Roast chicken dinner	Save leftovers

Shopping list

Fresh and chilled

- [x] Chicken (whole)
- [x] Milk x 4 pints
- [x] Cheese
- [ ] Eggs
- [ ] Salad bag
- [x] Peppers x 3
- [ ]
- [ ]
- [ ]
- [ ]

Cupboard and freezer

- [x] Kidney beans x 2 tins
- [ ] Pasta
- [x] Fish fingers
- [ ] Frozen peas
- [ ] Pizza flour
- [x] Naan bread
- [ ]
- [ ]
- [ ]
- [ ]

Other

- [ ] Washing-up liquid
- [ ] Kitchen roll
- [ ]
- [ ]

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

How to use this template

Plan the dinners first, then write the list from the plan so you only buy what you need.

1. **Fill in the week's dinners.** Add short notes for busy days or leftovers.
2. **Walk through each meal.** Write down the ingredients you do not already have.
3. **Tick items off as you shop.** Group items by area of the shop to save time.

This template is a planning tool only and gives no nutrition advice. For healthy eating guidance see the NHS website.