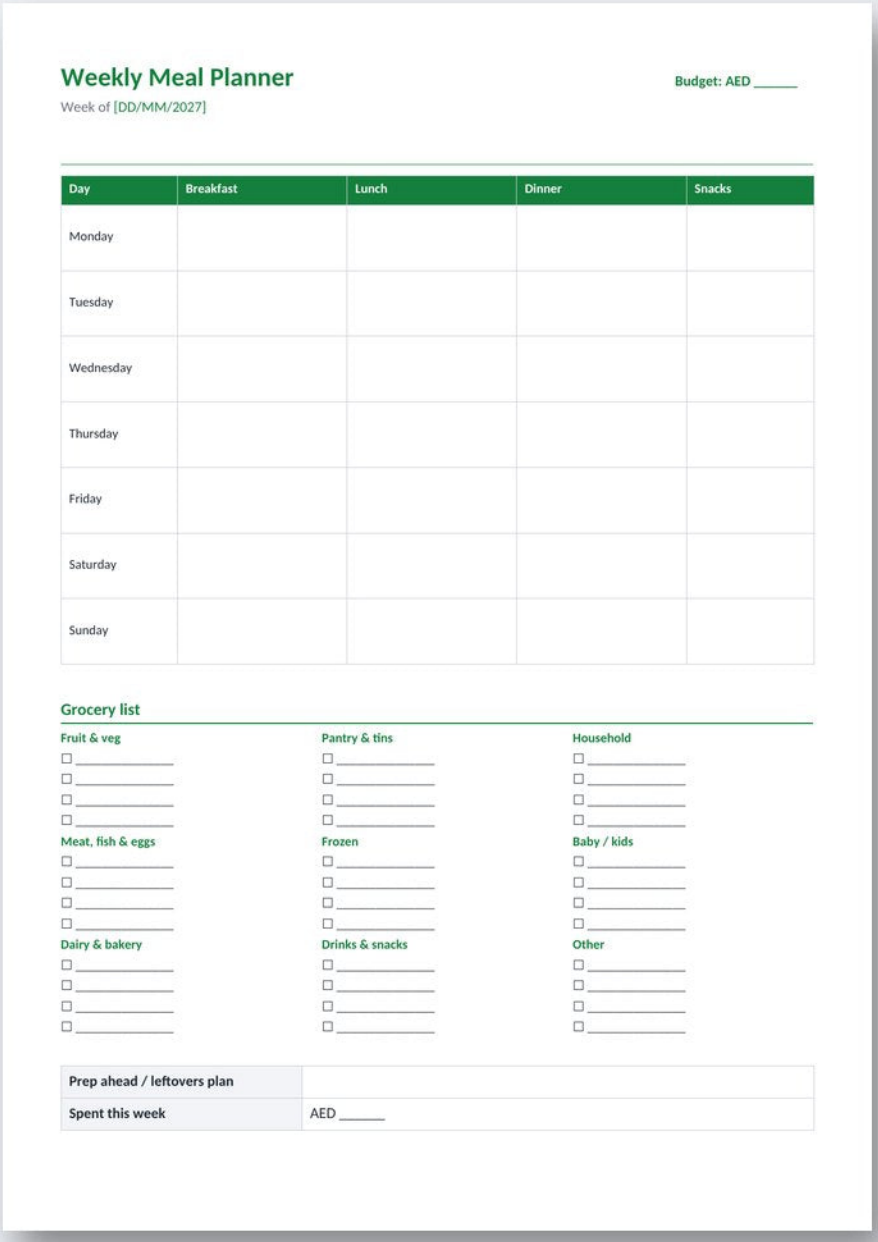
2027 Meal Planner & Grocery List (Weekly Printable) – preview



Weekly Meal Planner

Budget: AED _____

Week of [DD/MM/2027]

Day	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Grocery list

Fruit & veg

☐ _____
☐ _____
☐ _____
☐ _____

Pantry & tins

☐ _____
☐ _____
☐ _____
☐ _____

Household

☐ _____
☐ _____
☐ _____
☐ _____

Meat, fish & eggs

☐ _____
☐ _____
☐ _____
☐ _____

Frozen

☐ _____
☐ _____
☐ _____
☐ _____

Baby / kids

☐ _____
☐ _____
☐ _____
☐ _____

Dairy & bakery

☐ _____
☐ _____
☐ _____
☐ _____

Drinks & snacks

☐ _____
☐ _____
☐ _____
☐ _____

Other

☐ _____
☐ _____
☐ _____
☐ _____

Prep ahead / leftovers plan	
Spent this week	AED _____

Everything in [brackets] is placeholder text – click and type to replace it.