

Budget Foodie Weekly Meal Plan

Week : _____

Date : _____

MONDAY

Breakfast | _____

Lunch | _____

Dinner | _____

Snacks | _____

TUESDAY

Breakfast | _____

Lunch | _____

Dinner | _____

Snacks | _____

WEDNESDAY

Breakfast | _____

Lunch | _____

Dinner | _____

Snacks | _____

THURSDAY

Breakfast | _____

Lunch | _____

Dinner | _____

Snacks | _____

FRIDAY

Breakfast | _____

Lunch | _____

Dinner | _____

Snacks | _____

SATURDAY

Breakfast | _____

Lunch | _____

Dinner | _____

Snacks | _____

SUNDAY

Breakfast | _____

Lunch | _____

Dinner | _____

Snacks | _____



Budget Foodie Audit Sheet

Week:

Date:

FRIDGE

FREEZER

PANTRY

SHOPPING LIST

The
Budget 
FOODIE



