Start Here

Calmer evenings start with a plan on paper.

How to print

1. Open the file for your paper: this pack comes in US Letter and A4.
2. In the print dialog choose 'Actual size' or 100% scale - never 'Fit to page'.
3. Short on ink? Print the black & white pages at the back of this pack instead.

What's inside

Page 2: Weekly Meal Grid - Page 3: Grocery List - Page 4: Pantry Staples checklist - Page 5: the meal grid in black & white - Page 6: about the Tick & Bloom bundle.

Filled example - yours is blank, like this but empty

Meal	MON	TUE	WED
Breakfast	*Oats & berries*	*Eggs & toast*	*Yoghurt & honey*
Lunch	*Grilled chicken salad*	*Tomato soup*	*Tuna wrap*
Dinner	*Veg stir-fry & rice*	*Baked salmon*	*Pasta & veg sauce*

Grocery list started: oats, chicken, berries, eggs, salmon...

Example: Monday to Wednesday filled in with simple, real meals.

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Weekly Meal Planner

Plan once, shop once, eat well all week.

Week of: _____

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC

Meal	MON	TUE	WED	THU	FRI	SAT	SUN
Breakfast							
Lunch							
Dinner							
Snack							

NOTES - leftovers to use up, prep ahead

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Grocery List

Tick items off as you shop - grouped by aisle.

Produce

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Dairy & Eggs

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Meat & Fish

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Bakery

- [ ]
- [ ]
- [ ]
- [ ]

Pantry

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Frozen

- [ ]
- [ ]
- [ ]
- [ ]

Household

- [ ]
- [ ]
- [ ]
- [ ]

Other

- [ ]
- [ ]
- [ ]
- [ ]

Gentle tip

Shop your pantry first: check the staples page before you write this list, so you only buy what is missing.

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Pantry Staples

Keep these stocked and weeknight cooking gets easy.

Tick what you already have. Anything unticked goes on this week's grocery list.

- [ ] Rice
- [ ] Pasta
- [ ] Rolled oats
- [ ] Flour (plain)
- [ ] Sugar
- [ ] Salt & pepper
- [ ] Olive oil
- [ ] Cooking oil
- [ ] Tinned tomatoes
- [ ] Tomato paste
- [ ] Tinned beans
- [ ] Lentils (dry)
- [ ] Stock cubes
- [ ] Soy sauce
- [ ] Vinegar
- [ ] Honey
- [ ] Peanut butter
- [ ] Tinned tuna
- [ ] Eggs
- [ ] Butter
- [ ] Milk
- [ ] Cheese
- [ ] Frozen peas
- [ ] Frozen mixed veg
- [ ] Onions
- [ ] Garlic
- [ ] Potatoes
- [ ] Tea / coffee

MEALS WE LOVED THIS WEEK

Gentle tip
Star the meals your family asks for again - they become next month's easy rotation.

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Keep Going, Gently

Small steps every day.

Enjoying your Meal Planner?

This free pack is one piece of the Tick & Bloom printable family. The full Wellness Bundle brings all of it together in matching Letter + A4 packs:

- Daily Planner Pack
- Budget Tracker Pack
- Habit Tracker v2
- Meal Planner + Grocery List
- Colour-In Mood Tracker
- Sleep Log with Pattern Tracker

Find every pack at tickandbloom.com - and pin your favourite pages so other gentle planners can find them too.

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