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.

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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