



ULTIMATE MEAL *Planner*

Courtesy Of
Ultimate Cozy Living

Ultimate Meal Planner



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Ultimate Cozy Living

www.ultimatecozyliving.com

Welcome to the Ultimate Meal Planner—your perfect companion for organizing nutritious, delicious meals that bring more ease and joy to your daily routine. Whether you are juggling a busy schedule or simply looking to make healthier, mindful choices, this planner is designed to help you achieve your goals without stress.

Our goal is to empower you to take control of your weekly menu, manage your grocery shopping, and ensure a balanced diet for you and your family. With dedicated sections for daily and weekly meal planning, shopping lists, calorie tracking, and even your favorite recipes, this planner is here to simplify your life.

Embrace the benefits of planning ahead—you'll save time, reduce food waste, and make more mindful choices for your health and wellness journey. Let's get started on creating a healthier, more organized lifestyle—one meal at a time!

DAILY MEAL PLANNER



DATE: _____

BREAKFAST

SNACKS

LUNCH

SNACKS

DINNER

SNACKS

NOTES

WEEKLY MEAL



WEEK :

DATE :

MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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SATURDAY

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SUNDAY

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WATER IN TAKE



SHOPPING LIST



WEEKLY MEAL



Date: _____

	Breakfast	Snack	Lunch	Dinner
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

MEAL PLANNER



Week:

MON

AM
NN
PM

TUES

AM
NN
PM

WED

AM
NN
PM

THU

AM
NN
PM

FRI

AM
NN
PM

SAT

AM
NN
PM

SUN

AM
NN
PM

Things to Buy

MONTHLY MEAL



Date: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Mon	Tue	Wed	Thu	Fri	Sat	Sun

CALORIE JOURNAL



START DATE:

	MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
WATER							
Total Calories:							

FAVOURITE FOODS



Breakfast

Lunch

Dinner

Snacks

RECIPE BREAKFAST

Name:

Prep Time:

Total Time:

Difficulty

Rating:



Ingredients:



Instructions:

RECIPE LUNCH

Name:

Prep Time:

Total Time:

Difficulty



Rating:



Ingredients:



Instructions:

RECIPE DINNER

Name:

Prep Time:	
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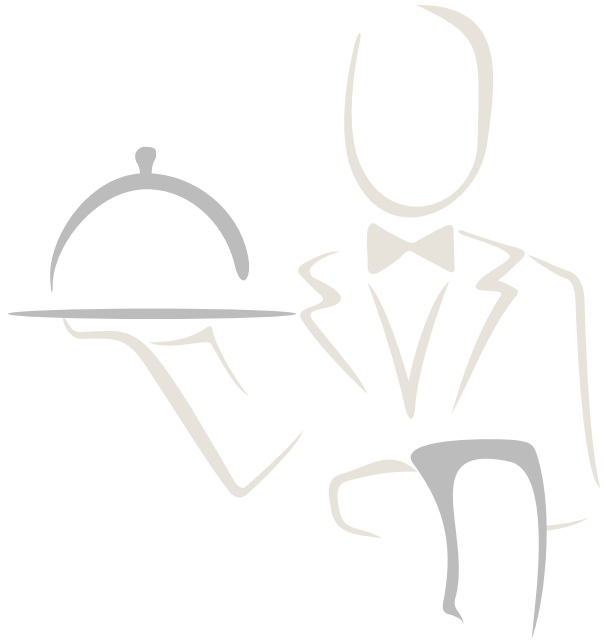
Total Time:

Difficulty

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Rating: 

Ingredients:



HEALTHY RECIPE



Name:

Prep Time:

Cooking Time:

Servings:

Ingredients

Rating:



Instructions

RECIPE PLANNER



Category:

Name:

Prep Time:

Ingredients:

Cook Time:

Total Time:

Servings:

Difficulty:

☐☐☐☐☐

Source:

Directions:

Total Needed:

Prep Ahead:

Notes:

Category:	Prep Time:
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Notes:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

RECIPE CARDS



RECIPE FOR:	PREP TIME:
DIRECTIONS:	INGREDIENTS:

RECIPE FOR:	PREP TIME:
DIRECTIONS:	INGREDIENTS:

RECIPES TO TRY



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Other:

[illegible]

INVENTORY TRACKER



Date: _____

WEEK:

[illegible][illegible][illegible][illegible][illegible][illegible]

GROCERIES LIST



Date: _____

[illegible]

FOOD LIST



DATE:

[illegible]

MEAL IDEAS



01.

02.

03.

04.

05.

06.

07.

08.

09.

10.

11.

12.

13.

14.

15.

Other:

SNACK IDEAS



01.

02.

03.

04.

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06.

07.

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11.

12.

13.

14.

15.

Other:

COOKING CHALLENGE



01

02

03

04

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NOTES



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