# Weekly Meal Planner

*Use this meal planner to organize your meals for the week and prepare a consolidated grocery list. Having a plan helps save time, reduce waste, and promote healthy eating habits.*

## Planner for: {name}

**Week of:**{weekStartDate}

## Weekly Meal Plan

|  |  |  |
| --- | --- | --- |
| **Day** | **Meal Time** | **Meal Description** |
| {#meals}{day} | {mealTime} | {mealDescription}{/meals} |

## Grocery List

{#groceries}

* {item} - {quantity}

{/groceries}

## Notes

*{notes}*

{#hasDietaryPreferences}

### Dietary Preferences

{dietaryPreferencesDetail}

{/hasDietaryPreferences}

{^hasDietaryPreferences}

### Dietary Preferences

*No specific dietary preferences indicated.*

{/hasDietaryPreferences}