



The Weekly Meal Planner

Plan, list, shop, cook

General food budgeting information. Follow USDA food safety guidance and product labels.
Check ingredient labels for allergies.

© 2026 Rip & Ride LLC. Free to print for your own household. Please do not resell.

Step 1: pantry check

Before you plan, write down what needs using this week.

Fridge: use soon	Freezer and pantry: use this week
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____

Step 2: dinner plan

Day	Dinner	Leftovers?	Need to buy
Monday		☐	
Tuesday		☐	
Wednesday		☐	
Thursday		☐	
Friday		☐	
Saturday		☐	
Sunday		☐	

Step 3: shopping list by aisle

Add quantities. Shop once, with one small top-up at most.

Produce
• _____
• _____
• _____
• _____
• _____
• _____
• _____
• _____
• _____
• _____

Meat, eggs and dairy
• _____
• _____
• _____
• _____
• _____
• _____
• _____
• _____
• _____
• _____

Pantry
• _____
• _____
• _____
• _____
• _____
• _____
• _____
• _____
• _____
• _____

Frozen and household
• _____
• _____
• _____
• _____
• _____
• _____
• _____
• _____
• _____
• _____

Price notebook

Your 20 most-bought items. Note the regular price and a good sale price, so you know a real deal when you see one.

Item	Size	Store	Regular price	Good sale price	Unit price

Refrigerate leftovers within two hours and eat them within three to four days, or freeze them.

[illegible]

Published by Rip & Ride LLC, 30 N Gould St Ste R, Sheridan, WY 82801. Guides at thenickelsbudget.com.