

# Meal Planner

## Excel Spreadsheet

8+  
TABS

**Meal PLANNER**

Monday 8/22/2022		Tuesday 8/23/2022		Wednesday 8/24/2022	
Type	Recipe	Type	Recipe	Type	Recipe
Breakfast	Blueberry and banana overnight oats	Breakfast	Blueberry and banana overnight oats	Breakfast	Blueberry and banana over
Breakfast	Blueberry and banana overnight oats		Strawberry overnight oats		
Breakfast					
Lunch	Chili with bread				
Lunch					
Lunch					
Dinner	Chicken stir fry				
Dinner					
Dinner					
Dessert	Apple				
Snacks	Carrots and hummus				
Snacks					
Snacks					
Drinks	Water				
Drinks					

**Grocery List**

Item	Quantity	Unit
Oatmeal	1	bag(s)
Oatmeal	2	bag(s)
Apple	1	piece(s)
Apple	2	piece(s)

**Grocery LIST**

Item	#	Unit	Category
Milk	2	bag(s)	Dairy/Cheese
Apple	5	piece(s)	Fruits
Orange	1	piece(s)	Fruits
Blueberries	2	box(es)	Fruits
Salmon	2	piece(s)	Meat/Substitute
Chicken	1	piece(s)	Meat/Substitute
Oatmeal	6	bag(s)	Pantry
Rice	1	bag(s)	Pantry
Spinach	4	bag(s)	Vegetables
Mushrooms	4	bag(s)	Vegetables

**Not sure which recipe to use an ingredient in?**

Check which Recipes have this Ingredient

Select the ingredient:

Milk

Recipes

Blueberry and banana overnight oats