

# WEEKLY PLANNER

· Plan all your weekly meals day by day ·

Monthly **calendar** to see the current wee of the month

See the **day** you are on

Choose daily meals and snacks via this **dropdown** menu, specify servings, and indicate if it's leftovers

TODAY  
February 16, 2024

February 2024

|    | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----|-----|-----|-----|-----|-----|-----|-----|
| W1 | 29  | 30  | 31  | 1   | 2   | 3   | 4   |
| W2 | 5   | 6   | 7   | 8   | 9   | 10  | 11  |
| W3 | 12  | 13  | 14  | 15  | 16  | 17  | 18  |
| W4 | 19  | 20  | 21  | 22  | 23  | 24  | 25  |
| W5 | 26  | 27  | 28  | 29  | 1   | 2   | 3   |

RECIPES SEARCH

LUNCH

CAPRESE SANDWICH



| Ingredients       | QTY | Unit       |
|-------------------|-----|------------|
| Bread             | 2   | Slice      |
| Mozzarella cheese | 30  | Gram       |
| Tomatoes          | 100 | Gram       |
| Basil             | 10  | Gram       |
| Olive oil         | 2   | Tablespoon |
| Salt              | 1   | Pinch      |

QUICK ACCESS LINKS

[Recipe Book](#)

[Shopping List](#)

[Monthly overview](#)

[Week 1](#)

[Week 2](#)

[Week 3](#)

[Week 4](#)

[Week 5](#)

MONDAY

|                    | Recipe          | Servings | Tick if left over        |
|--------------------|-----------------|----------|--------------------------|
| Breakfast          | AVOCADO TOAST   | 1        | <input type="checkbox"/> |
|                    | YOGURT PARFAIT  | 1        | <input type="checkbox"/> |
| Lunch              | CHICKEN SALAD   | 4        | <input type="checkbox"/> |
|                    | QUINOA STIR FRY | 4        | <input type="checkbox"/> |
| Dinner             | ROASTED CHICKEN | 4        | <input type="checkbox"/> |
|                    |                 |          | <input type="checkbox"/> |
| Snacks<br>Desserts | ENERGY BITES    | 1        | <input type="checkbox"/> |
|                    |                 |          | <input type="checkbox"/> |

NOTES

INGREDIENT LIST

| Ingredient       | QTY    | Unit       | Owned                    |
|------------------|--------|------------|--------------------------|
| Bread            | 1.0    | Slice      | <input type="checkbox"/> |
| Avocado          | 200.0  | Gram       | <input type="checkbox"/> |
| Eggs             | 1.0    | Unit       | <input type="checkbox"/> |
| Salt             | 2.0    | Pinch      | <input type="checkbox"/> |
| Greek yogurt     | 500.0  | Gram       | <input type="checkbox"/> |
| Granola          | 100.0  | Gram       | <input type="checkbox"/> |
| Berries          | 100.0  | Gram       | <input type="checkbox"/> |
| Maple syrup      | 1.5    | Tablespoon | <input type="checkbox"/> |
| Chicken          | 1200.0 | Gram       | <input type="checkbox"/> |
| Lettuce          | 800.0  | Gram       | <input type="checkbox"/> |
| Tomatoes         | 400.0  | Gram       | <input type="checkbox"/> |
| Cucumbers        | 160.0  | Gram       | <input type="checkbox"/> |
| Bell peppers     | 360.0  | Gram       | <input type="checkbox"/> |
| Feta cheese      | 200.0  | Gram       | <input type="checkbox"/> |
| Balsamic vinegar | 8.0    | Tablespoon | <input type="checkbox"/> |
| Quinoa           | 400.0  | Gram       | <input type="checkbox"/> |
| Broccoli         | 200.0  | Gram       | <input type="checkbox"/> |
| Carrots          | 200.0  | Gram       | <input type="checkbox"/> |
| Tofu             | 400.0  | Gram       | <input type="checkbox"/> |
| Soy sauce        | 8.0    | Tablespoon | <input type="checkbox"/> |
| Garlic           | 8.0    | Clove      | <input type="checkbox"/> |
| Sesame oil       | 8.0    | Tablespoon | <input type="checkbox"/> |
| Lemons           | 10.0   | Tablespoon | <input type="checkbox"/> |
| Olive oil        | 2.0    | Tablespoon | <input type="checkbox"/> |
| Pepper           | 5.0    | Gram       | <input type="checkbox"/> |
| Parsley          | 3.0    | Tablespoon | <input type="checkbox"/> |
| Oats             | 62.5   | Gram       | <input type="checkbox"/> |
| Peanut butter    | 32.3   | Tablespoon | <input type="checkbox"/> |
| Chocolate        | 31.3   | Gram       | <input type="checkbox"/> |
| Vanilla extract  | 0.3    | Tablespoon | <input type="checkbox"/> |

TUESDAY

|                    | Recipe             | Servings | Tick if left over        |
|--------------------|--------------------|----------|--------------------------|
| Breakfast          | YOGURT PARFAIT     | 4        | <input type="checkbox"/> |
|                    | SPINACH OMELETTE   | 4        | <input type="checkbox"/> |
| Lunch              | CAPRESE SANDWICH   | 1        | <input type="checkbox"/> |
|                    |                    |          | <input type="checkbox"/> |
| Dinner             | BAKED SALMON       | 4        | <input type="checkbox"/> |
|                    |                    |          | <input type="checkbox"/> |
| Snacks<br>Desserts | CUCUMBER AVO ROLLS | 4        | <input type="checkbox"/> |
|                    | ROASTED CHICKPEAS  | 4        | <input type="checkbox"/> |

NOTES

INGREDIENT LIST

| Ingredient        | QTY    | Unit       | Owned                    |
|-------------------|--------|------------|--------------------------|
| Greek yogurt      | 2000.0 | Gram       | <input type="checkbox"/> |
| Granola           | 400.0  | Gram       | <input type="checkbox"/> |
| Berries           | 400.0  | Gram       | <input type="checkbox"/> |
| Maple syrup       | 4.0    | Tablespoon | <input type="checkbox"/> |
| Eggs              | 8.0    | Unit       | <input type="checkbox"/> |
| Spinach           | 600.0  | Gram       | <input type="checkbox"/> |
| Feta cheese       | 160.0  | Gram       | <input type="checkbox"/> |
| Olive oil         | 11.0   | Tablespoon | <input type="checkbox"/> |
| Salt              | 7.0    | Pinch      | <input type="checkbox"/> |
| Bread             | 2.0    | Slice      | <input type="checkbox"/> |
| Mozzarella cheese | 30.0   | Gram       | <input type="checkbox"/> |
| Tomatoes          | 50.0   | Gram       | <input type="checkbox"/> |
| Basil             | 10.0   | Gram       | <input type="checkbox"/> |
| Salmon            | 550.0  | Gram       | <input type="checkbox"/> |
| Lemons            | 4.0    | Tablespoon | <input type="checkbox"/> |
| Dill              | 5.0    | Gram       | <input type="checkbox"/> |
| Garlic            | 3.0    | Clove      | <input type="checkbox"/> |
| Cucumbers         | 100.0  | Gram       | <input type="checkbox"/> |
| Avocado           | 100.0  | Gram       | <input type="checkbox"/> |
| Sesame seeds      | 3.0    | Tablespoon | <input type="checkbox"/> |
| Soy sauce         | 5.0    | Tablespoon | <input type="checkbox"/> |
| Chickpeas         | 450.0  | Gram       | <input type="checkbox"/> |
| Paprika           | 3.0    | Tablespoon | <input type="checkbox"/> |
| Cumin             | 5.0    | Gram       | <input type="checkbox"/> |

WEDNESDAY

|                    | Recipe          | Servings | Tick if left over        |
|--------------------|-----------------|----------|--------------------------|
| Breakfast          | BANANA PANCAKES | 4        | <input type="checkbox"/> |
|                    | YOGURT PARFAIT  | 4        | <input type="checkbox"/> |
| Lunch              | PASTA PRIMAVERA | 4        | <input type="checkbox"/> |
|                    |                 |          | <input type="checkbox"/> |
| Dinner             | ROASTED CHICKEN | 4        | <input type="checkbox"/> |
|                    |                 |          | <input type="checkbox"/> |
| Snacks<br>Desserts | GUACAMOLE       | 2        | <input type="checkbox"/> |
|                    |                 |          | <input type="checkbox"/> |

NOTES

INGREDIENT LIST

| Ingredient       | QTY    | Unit       | Owned                    |
|------------------|--------|------------|--------------------------|
| Flour            | 250.0  | Gram       | <input type="checkbox"/> |
| Brown sugar      | 10.0   | Gram       | <input type="checkbox"/> |
| Baking powder    | 15.0   | Gram       | <input type="checkbox"/> |
| Salt             | 6.0    | Pinch      | <input type="checkbox"/> |
| Banana           | 1.0    | Unit       | <input type="checkbox"/> |
| Eggs             | 1.0    | Unit       | <input type="checkbox"/> |
| Walnuts          | 50.0   | Gram       | <input type="checkbox"/> |
| Greek yogurt     | 2000.0 | Gram       | <input type="checkbox"/> |
| Granola          | 400.0  | Gram       | <input type="checkbox"/> |
| Berries          | 400.0  | Gram       | <input type="checkbox"/> |
| Maple syrup      | 4.0    | Tablespoon | <input type="checkbox"/> |
| Pasta            | 400.0  | Gram       | <input type="checkbox"/> |
| Broccoli         | 280.0  | Gram       | <input type="checkbox"/> |
| Bell peppers     | 280.0  | Gram       | <input type="checkbox"/> |
| Tomatoes         | 280.0  | Gram       | <input type="checkbox"/> |
| Olive oil        | 10.0   | Tablespoon | <input type="checkbox"/> |
| Parmesan cheese  | 120.0  | Gram       | <input type="checkbox"/> |
| Basil            | 40.0   | Gram       | <input type="checkbox"/> |
| Balsamic vinegar | 8.0    | Tablespoon | <input type="checkbox"/> |
| Chicken          | 400.0  | Gram       | <input type="checkbox"/> |
| Lemons           | 12.5   | Tablespoon | <input type="checkbox"/> |
| Garlic           | 4.0    | Clove      | <input type="checkbox"/> |
| Pepper           | 5.0    | Gram       | <input type="checkbox"/> |
| Parsley          | 3.0    | Tablespoon | <input type="checkbox"/> |
| Avocado          | 200.0  | Gram       | <input type="checkbox"/> |
| Tomatoes         | 75.0   | Tablespoon | <input type="checkbox"/> |
| Onions           | 50.0   | Tablespoon | <input type="checkbox"/> |
| Garlic           | 0.5    | Gram       | <input type="checkbox"/> |
| Cilantro         | 1.0    | Tablespoon | <input type="checkbox"/> |
| Salt             | 0.5    |            | <input type="checkbox"/> |
| Pepper           | 2.5    |            | <input type="checkbox"/> |

**Quickly access** to other tabs with links

**Search and view** ingredients for added recipes in this section

**Automated** daily ingredients shopping list from the recipes added above, check if you own it already