

Weekly meal preparation kit

Project pack / Component files and their use order

A USEFUL SET, IN ONE PLACE

This packet gathers the resources listed below. Use the individual pages as needed; included planning sheets do not replace specialist instructions.

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PRINT AND USE

Select the same paper size throughout the packet. Use actual-size printing for cutouts or grids. Check each resource's own reference marker where supplied: lengths can differ.

For cutting or assembly, make one trial first. Keep instructions and answer pages with their matching resource. These components are reused intentionally; the pack is a convenience collection.

Weekly meal planning sheet

Plan meals for the week, then note what to buy and prepare ahead.

WEEK OF

HOUSEHOLD

MEALS TO USE FIRST

DAY	BREAKFAST	LUNCH	DINNER
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

SHOPPING LIST

PREP AHEAD

Reusable shopping list

Add your plans, notes and next steps. Keep quantities and measurements with their units.

DATE

STORE

OWNER

CATEGORY	ITEM	QUANTITY	BOUGHT

CHECK AT HOME

OTHER STOPS

Leftover use planner

Add your plans, notes and next steps. Keep quantities and measurements with their units.

WEEK

HOUSEHOLD

CHECKED

FOOD	QUANTITY	STORED ON	PLANNED USE

USE-FIRST LIST

PACKAGE AND STORAGE NOTES

Follow the package's preparation and storage instructions.

Bulk pantry restock list

Add your plans, notes and next steps. Keep quantities and measurements with their units.

CHECKED

STORAGE AREA

OWNER

ITEM	ON HAND	TARGET	BUY AMOUNT

SPACE AVAILABLE

NEXT SHOPPING TRIP