TASTESAVORY

7-Day Easy Dinner Planner

Plan the week. Shop once. Cook with confidence.

Inside this printable planner

- Weekly dinner planner for 7 nights
- A categorized shopping list
- Pantry staples checklist
- Dinner ideas from our kitchen
- 10 meal-prep habits that save time
- A second blank week, ready for next time

Print it, pin it to the fridge, and fill it in with a pencil.
Tip: print pages 3 and 8 double-sided to get two weeks on one sheet.

tastesavory.com

Plan your week in 10 minutes

A light routine you can actually keep up with

1. **Pick 4–5 dinners, not 7**
   Life happens. Leave one or two nights flexible for leftovers, takeout or a simple pasta.

2. **Check what you already have**
   Open the fridge, freezer and pantry first. Build at least one dinner around something you need to use up.

3. **Write the shopping list**
   Fill in the list on page 4 by store section. Add breakfast and lunch basics so you do not need an extra trip.

4. **Prep one or two building blocks**
   Cook a pot of rice, roast a tray of vegetables or make a sauce. Mix and match them all week.

A simple rotation for the week

Mon	Quick meal – eggs, pasta or a sandwich night
Tue	Sheet pan or one-pot dinner
Wed	Chicken night
Thu	Leftovers or a freezer meal
Fri	Something fun: homemade pizza, tacos or burgers
Sat	Casserole or a slow-cooked family dinner
Sun	Cook once, eat twice: a big batch for lunches

This is a template to adapt. Swap the days around to fit your own schedule.

Weekly Dinner Planner

Week of _____ Budget _____

Day	Dinner	Side / vegetable	Prep ahead	Done
MON Monday				☐
TUE Tuesday				☐
WED Wednesday				☐
THU Thursday				☐
FRI Friday				☐
SAT Saturday				☐
SUN Sunday				☐

This week I will prep: _____

Ideas: cook a grain, roast vegetables, make a sauce, wash and chop produce, thaw tomorrow's protein.

Shopping List

Write it by store section so you never wander the aisles

PRODUCE

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

MEAT & SEAFOOD

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

DAIRY & EGGS

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

PANTRY & DRY GOODS

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

FROZEN

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

BREAD, SNACKS & OTHER

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Pantry Staples Check

Tick what you have; add the rest to your shopping list

Oils & vinegars

- [ ] Olive oil
- [ ] Neutral oil (canola, avocado)
- [ ] Vinegar
- [ ] Soy sauce

Baking basics

- [ ] All-purpose flour
- [ ] Sugar
- [ ] Baking powder
- [ ] Baking soda
- [ ] Vanilla extract

Cans & jars

- [ ] Canned tomatoes
- [ ] Broth or stock
- [ ] Beans
- [ ] Tomato paste
- [ ] Mustard

Spices & seasonings

- [ ] Salt
- [ ] Black pepper
- [ ] Garlic powder
- [ ] Paprika
- [ ] Cumin
- [ ] Oregano / Italian seasoning
- [ ] Chili flakes

Grains & pasta

- [ ] Rice
- [ ] Pasta
- [ ] Oats
- [ ] Breadcrumbs

Fridge & freezer staples

- [ ] Butter
- [ ] Eggs
- [ ] Onions & garlic
- [ ] Frozen vegetables
- [ ] Lemons or limes

Your list will differ. Cross out anything you never use and add your own favorites.

Dinner Ideas from Our Kitchen

Tap a title in the digital version to find the recipe on TasteSavory

CHICKEN

Crispy Baked Chicken Thighs

tastesavory.com – search for this recipe

CHICKEN

Oven-Baked Boneless Skinless Chicken Thighs

tastesavory.com – search for this recipe

CASSEROLE

Cozy Chicken Broccoli Rice Casserole

tastesavory.com – search for this recipe

CASSEROLE

Hamburger Casserole with Potatoes

tastesavory.com – search for this recipe

SIDE DISH

Cheesy Potato Casserole with Crunchy Cornflake Topping

tastesavory.com – search for this recipe

Weekend treats

Baked Apple Cider Donuts

Air Fryer Pumpkin Chocolate Chip Cookies

How to use this page

Pick two or three dinners, write them on your planner, and add their ingredients to the shopping list. New recipes are added to tastesavory.com regularly.

10 Meal-Prep Habits That Save Time

Small steps you can start with this week

1. **Plan fewer meals than nights**
   Four or five planned dinners beat seven that fall apart by Wednesday.
2. **Cook a pot of grain**
   Rice, quinoa or farro keeps for several days and works in bowls, wraps and fried rice.
3. **Roast one big tray of vegetables**
   Season simply. They reheat well and go into omelets, pasta and sandwiches.
4. **Make one sauce or dressing**
   A jar of vinaigrette or tomato sauce turns plain ingredients into dinner.
5. **Wash and chop in one go**
   Onions, peppers, carrots and broccoli are the most useful. Store them dry.
6. **Thaw in the fridge**
   Move tomorrow's protein from the freezer the night before.
7. **Double one recipe**
   Eat half now and freeze half for a night you do not want to cook.
8. **Label everything**
   Write the name and date on containers and freezer bags.
9. **Keep a backup dinner**
   Pasta, eggs or a frozen pizza protects the plan on a tired night.
10. **Clean as you go**
    A bowl for scraps beside your board saves time and mess.

Keep leftovers safe

- Refrigerate cooked food within two hours.
- Eat refrigerated leftovers within three to four days.
- Reheat leftovers until steaming hot (165°F / 74°C).

Weekly Dinner Planner – Next Week

Week of _____ Budget _____

Day	Dinner	Side / vegetable	Prep ahead	Done
MON Monday				☐
TUE Tuesday				☐
WED Wednesday				☐
THU Thursday				☐
FRI Friday				☐
SAT Saturday				☐
SUN Sunday				☐

This week I will prep: _____

Ideas: cook a grain, roast vegetables, make a sauce, wash and chop produce, thaw tomorrow's protein.