

The Lindqvist household

A planner for the weeks ahead, filled in by us

STYLE

Family

4 WEEKS

Portions for 4

SEASON

Autumn

WHAT THIS PLANNER IS FOR

One shop a week, calmer evenings, lunchboxes sorted the night before.

WE AVOID

peanuts · mushrooms · very spicy food

What this planner is: a grid for each week, a shopping list by aisle, a prep page and a few pages to keep track. What it is not: a diet, a recipe book or medical advice. The meals are yours to write in; the planner only gives them a place.

How to use this planner

Print it or fill it in on screen: the boxes are typeable in most PDF readers.

1. Start with the week grid: dinners first, then lunches and breakfasts, then snacks.
2. Write the shopping list from the grid, aisle by aisle. Tick what you already have.
3. If you chose a prep day, use the prep page the day before the week starts.
4. Keep the pantry page current; it saves a second trip to the shop.
5. Keep finished weeks: next month you can copy the ones that worked.

Tips for this style: Family

- ☐ Let each child choose one dinner a week and write it in the kids' row.
- ☐ Plan lunchboxes next to dinners so leftovers get used.
- ☐ Pin the week to the fridge where everyone can read it.

Week 1

Prep day: Sunday

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
Lunch							
Dinner							
Snacks							
Kids' pick / lunchboxes							
WE AVOID peanuts mushrooms very spicy food	NOTES FOR THE WEEK						

Shopping list • Week 1

Written from the week grid. Tick what is already at home.

One line per person for the things only they eat.

FRUIT & VEGETABLES

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DAIRY & EGGS

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TINS, JARS & PANTRY

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DRINKS & SNACKS

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MEAT, FISH & ALTERNATIVES

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BREAD & GRAINS

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ALREADY AT HOME

Week 2

Prep day: Sunday

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
Lunch							
Dinner							
Snacks							
Kids' pick / lunchboxes							
WE AVOID peanuts mushrooms very spicy food	NOTES FOR THE WEEK						

Shopping list · Week 2

Written from the week grid. Tick what is already at home.

One line per person for the things only they eat.

FRUIT & VEGETABLES

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DAIRY & EGGS

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ALREADY AT HOME

Week 3

Prep day: Sunday

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
Lunch							
Dinner							
Snacks							
Kids' pick / lunchboxes							
WE AVOID peanuts mushrooms very spicy food	NOTES FOR THE WEEK						

Shopping list · Week 3

Written from the week grid. Tick what is already at home.

One line per person for the things only they eat.

FRUIT & VEGETABLES

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ALREADY AT HOME

Week 4

Prep day: Sunday

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
Lunch							
Dinner							
Snacks							
Kids' pick / lunchboxes							
WE AVOID peanuts mushrooms very spicy food	NOTES FOR THE WEEK						

Shopping list · Week 4

Written from the week grid. Tick what is already at home.

One line per person for the things only they eat.

FRUIT & VEGETABLES

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DAIRY & EGGS

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ALREADY AT HOME

Prep day

Every Sunday, before the week starts. Tick as you go; add your own below.

- ☐ Check the week’s grid and the shopping list
- ☐ Wash and chop what will be used in the next two days
- ☐ Cook one grain and one base that two meals share
- ☐ Portion snacks and lunchbox items
- ☐ Label containers with the day they are for
- ☐ Clear a shelf in the fridge for the week

OUR OWN PREP STEPS

In season this autumn

Write what your market or shop has right now. It changes the week more than any plan.

FRUIT	VEGETABLES	HERBS & OTHER

What is already in the house. Update it when you unpack the shopping.

Our go-to meals

The meals this household actually eats. Fill it in over the weeks; it becomes your own cookbook index.

BREAKFASTS

LUNCHES

DINNERS

SNACKS & SIDES

Weeks done

Tick each week when it is over and note what worked.

☐ **Week 1**

WHAT WORKED

WHAT TO CHANGE

☐ **Week 2**

WHAT WORKED

WHAT TO CHANGE

☐ **Week 3**

WHAT WORKED

WHAT TO CHANGE

☐ **Week 4**

WHAT WORKED

WHAT TO CHANGE