

Digital Meal Planner

Plan your meals. Shop with purpose. Cook with flavor.

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A sellable, undated planner for weekly meal planning, grocery shopping, pantry inventory, meal prep, recipe ideas, budget tracking, and kitchen notes.

Created by Favored With Flavor



Welcome, Flavor Friend

Use this planner as a printable PDF, a digital download, or a bonus product for your website customers.

This undated meal planner helps you turn food ideas into a simple plan: choose meals, check what you already have, make a grocery list, prep what you can, and leave room for real life. It is designed to feel organized, pretty, and practical – so your kitchen week feels less chaotic and more intentional.

Planner owner	
Month	
Main food goal	
Budget goal	
Notes	

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Food & Wellness Note: This planner is for organization and inspiration only. It does not replace medical, dietary, financial, or nutrition advice. Please use your own judgment and consult a qualified professional when needed.

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Notes	

How to Use This Planner

Simple weekly rhythm: plan, shop, prep, cook, repeat.

Step	Focus	What to do
1	Dream up the week	Pick meals based on cravings, schedule, budget, and what is already in your kitchen.
2	Check inventory	Look through the pantry, fridge, freezer, spices, sauces, and leftovers before shopping.
3	Build your grocery list	Group items by category so shopping is faster and less stressful.
4	Prep ahead	Wash, chop, thaw, marinate, portion, or cook what makes the week easier.
5	Review and repeat	Write what worked, what flopped, and what you want to make again.

Monthly Meal Overview

Undated monthly planning page.



Month	
Theme/Focus	
Main events	
Recipes to try	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Weekly Meal Plan – Week 1

Plan breakfast, lunch, dinner, snacks, and content/recipe notes.

Week of	
Weekly food goal	
Appointments/events	
Need to use up	

Day	Breakfast	Lunch	Dinner	Snack/Prep Notes

Grocery List - Week 1

Shop by category and avoid buying what you already have.

Budget	
Store(s)	
Must buy	
Do not forget	

Produce	Meat/Seafood
Dairy/Eggs	Pantry/Dry Goods
Frozen	Seasonings/Sauces
Drinks/Snacks	Household/Other

Meal Prep Plan – Week 1

Prep once, make the week smoother.

Task	Meal it supports	Day to prep	Notes

Proteins to thaw	
Vegetables to wash/chop	
Sauces/marinades to make	
Leftover plan	

Weekly Meal Plan – Week 2

Plan breakfast, lunch, dinner, snacks, and content/recipe notes.

Week of	
Weekly food goal	
Appointments/events	
Need to use up	

Day	Breakfast	Lunch	Dinner	Snack/Prep Notes

Grocery List - Week 2

Shop by category and avoid buying what you already have.

Budget	
Store(s)	
Must buy	
Do not forget	

Produce	Meat/Seafood
Dairy/Eggs	Pantry/Dry Goods
Frozen	Seasonings/Sauces
Drinks/Snacks	Household/Other

Meal Prep Plan – Week 2

Prep once, make the week smoother.

Task	Meal it supports	Day to prep	Notes

Proteins to thaw	
Vegetables to wash/chop	
Sauces/marinades to make	
Leftover plan	

Weekly Meal Plan – Week 3

Plan breakfast, lunch, dinner, snacks, and content/recipe notes.

Week of	
Weekly food goal	
Appointments/events	
Need to use up	

Day	Breakfast	Lunch	Dinner	Snack/Prep Notes

Grocery List - Week 3

Shop by category and avoid buying what you already have.

Budget	
Store(s)	
Must buy	
Do not forget	

Produce	Meat/Seafood
Dairy/Eggs	Pantry/Dry Goods
Frozen	Seasonings/Sauces
Drinks/Snacks	Household/Other

Meal Prep Plan – Week 3

Prep once, make the week smoother.

Task	Meal it supports	Day to prep	Notes

Proteins to thaw	
Vegetables to wash/chop	
Sauces/marinades to make	
Leftover plan	

Weekly Meal Plan – Week 4

Plan breakfast, lunch, dinner, snacks, and content/recipe notes.

Week of	
Weekly food goal	
Appointments/events	
Need to use up	

Day	Breakfast	Lunch	Dinner	Snack/Prep Notes

Grocery List - Week 4

Shop by category and avoid buying what you already have.

Budget	
Store(s)	
Must buy	
Do not forget	

Produce	Meat/Seafood
Dairy/Eggs	Pantry/Dry Goods
Frozen	Seasonings/Sauces
Drinks/Snacks	Household/Other

Meal Prep Plan – Week 4

Prep once, make the week smoother.

Task	Meal it supports	Day to prep	Notes

Proteins to thaw	
Vegetables to wash/chop	
Sauces/marinades to make	
Leftover plan	

Pantry Inventory

Track what you have before you shop.

Item	Qty	Use by	Meal idea

Fridge Inventory

Use fresh food before it goes bad.

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Freezer Inventory

Plan around frozen proteins, vegetables, breads, and batch-cooked meals.



Item	Qty	Date frozen	Meal idea

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Recipe Idea Bank

Capture ideas for content, family dinners, holidays, and date nights.

Recipe idea	Category	Occasion	Notes

Family Favorites

Meals worth
repeating.

Meal	Rating	Why we loved it	Repeat date

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Food Budget Tracker

Keep your grocery spending intentional.



Week	Budget	Actual	Notes

Content Meal Planning

For creators: plan meals that can become recipes, reels, shorts, blogs, or website products.

Dish	Platform	Hook/Angle	Post date

Seasonal/Holiday Meal Ideas

Plan ahead for birthdays, holidays, Sunday dinners, and celebrations.



Occasion	Main dish	Sides/Dessert	Notes

Weekly Kitchen Reflection – Week 1

What worked, what did not, and what you want to cook next.

Best meal this week	
Meal I would skip	
What saved me time	
What I wasted	
What I need next week	
Flavor note to remember	

Weekly Kitchen Reflection – Week 2

What worked, what did not, and what you want to cook next.

Best meal this week	
Meal I would skip	
What saved me time	
What I wasted	
What I need next week	
Flavor note to remember	

Weekly Kitchen Reflection – Week 3

What worked, what did not, and what you want to cook next.

Best meal this week	
Meal I would skip	
What saved me time	
What I wasted	
What I need next week	
Flavor note to remember	

Weekly Kitchen Reflection – Week 4

What worked, what did not, and what you want to cook next.

Best meal this week	
Meal I would skip	
What saved me time	
What I wasted	
What I need next week	
Flavor note to remember	



Stay favored. Stay flavorful.

Thank you for planning your meals with Favored With Flavor.

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