Last checked 2026-11-20 · Updated November 20, 2026

Weekly meal-prep planner

QUICK ANSWER

Fill the grid, write the prep list on prep day, and check the storage times chart before you plan day 5 and later.

FOOD SAFETY

These times are USDA guidance for food kept at 40 °F (4 °C) or below. Perishable food left out more than 2 hours (1 hour above 90 °F) should be thrown away (USDA FSIS). **When in doubt, throw it out.**

Day	Breakfast	Lunch	Dinner	Snack
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Prep list

Shopping list

Last checked 2026-11-20. Sources: USDA Cold Food Storage Chart (FoodSafety.gov).

From MunchCooking, https://munchcooking.com/downloads/weekly-meal-prep-planner/