

Budget Meal Plan Worksheet

Plan affordable, fat-loss-friendly meals for your family

Use this worksheet to plan nutritious meals on a budget. By planning ahead, you'll save money, reduce food waste, and make healthier choices that support your fat-loss goals. The worksheet includes space for your weekly meal plan, grocery shopping list organized by category, and meal prep schedule.

Print This Worksheet

Budget Meal Plan Worksheet

Affordable, Nutritious Meals for the Whole Family

Week of: _____

Number of people: _____

Weekly Food Budget

Grocery Budget: _____

Take-out Budget: _____

Pantry Items I Already Have: _____

Expected Savings From Sales: _____

Total Weekly Food Budget: _____

Average Cost Per Meal: _____

Average Cost Per Person: _____

Weekly Nutrition Goals

- ☐ Eat protein with every meal
- ☐ Include vegetables in lunch and dinner
- ☐ Limit processed foods to _____ meals per week
- ☐ Drink water instead of sugary beverages
- ☐ Limit eating out to _____ meals per week
- ☐ _____
- ☐ _____

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							



Proteins

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Vegetables

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Fruits

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Grains & Starches

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Healthy Fats

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Pantry & Other

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Meal Prep Schedule

Sunday

Midweek (Wednesday)

Quick-Prep Items

Budget-Friendly Tips for Fat Loss

1. Buy proteins in bulk when on sale and freeze in portion-sized packages.

2. Frozen vegetables and fruits are just as nutritious as fresh and often much cheaper.

3. Use beans and lentils as inexpensive protein sources for some meals.

4. Shop with a list and stick to it to avoid impulse purchases.

5. Plan meals around what's on sale that week.

6. Cook once, eat twice - prepare extra for planned leftovers.

Planning your meals in advance helps you stay on track with both your budget and your nutrition goals.