



This Week's Dinners

Decide once, on one page, then stop asking "what's for dinner?" every night.

Week of: _____

Grocery day: _____

DAY	DINNER	WHO'S HOME?	PREP NOTE / TIME
MON Monday		☐ all ☐ _____ Serves: _____	
TUE Tuesday		☐ all ☐ _____ Serves: _____	
WED Wednesday		☐ all ☐ _____ Serves: _____	
THU Thursday		☐ all ☐ _____ Serves: _____	
FRI Friday		☐ all ☐ _____ Serves: _____	
SAT Saturday		☐ all ☐ _____ Serves: _____	
SUN Sunday		☐ all ☐ _____ Serves: _____	

Backup dinner (when plans fall apart)

Leftover night / eat-out night

Create a free account at mydinnerplan.com

Free Starter account: no credit card, plan up to 7 upcoming dinners.

Shop once from this week's plan. Check the fridge and pantry before you go.

Produce

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Meat & Seafood

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Dairy & Eggs

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Bread & Bakery

- ☐
- ☐
- ☐
- ☐
- ☐

Spices & Sauces

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Pantry & Canned

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Frozen

- ☐
- ☐
- ☐
- ☐
- ☐

Household / Other

- ☐
- ☐
- ☐
- ☐

Need ideas? A sample week

Seven real dinners from myDinnerPlan's Recipe of the Day.
Swap in your family favorites.

MON

Monday

Beef Taco Skillet

Ground beef, black beans and tomatoes with tortilla chips and cheddar.

 25 min Serves 4**TUE**

Tuesday

Skillet Garlic-Butter Cod with Cherry Tomatoes

Pan-seared cod in a garlic butter sauce with softened cherry tomatoes.

 25 min Serves 4**WED**

Wednesday

Lemon Herb Chicken & Rice

Herby chicken thighs over lemony rice with spinach, tomatoes and olives.

 30 min Serves 6**THU**

Thursday

Savory Soy Sesame Beef & Veggie Stir-Fry

Sirloin, broccoli, carrots and bell pepper in a soy-sesame sauce.

 25 min Serves 4**FRI**

Friday

Baked Pizza Chicken

Chicken topped with pizza sauce, mozzarella and pepperoni.

 35 min Serves 4**SAT**

Saturday

Sheet Pan Shrimp Fajita Feast

Shrimp and bell peppers roasted on one pan, wrapped in corn tortillas.

 20 min Serves 4**SUN**

Sunday

Classic American Meatloaf

A family classic that leaves leftovers for Monday lunches.

 1 hr 15 min Serves 8

Times and servings are from each recipe as published. Put your own week on a free calendar at mydinnerplan.com.

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