Weekly Meal Prep Planner

One shop, two prep windows, and a leftover tracker so nothing gets lost in the back of the fridge.

Week of: _____ **People sharing meals:** _____

Allergies and restrictions: check labels and recipes yourself, privately. This planner does not decide what is right for your household.

1 Plan the week

Day	Breakfast	Lunch	Dinner	Prep or thaw ahead
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

2 Shop once

Check what you already have first, then list only what is missing.

Produce

- ☐ _____
- ☐ _____

Dairy, eggs and protein

- ☐ _____
- ☐ _____

Pantry and frozen

- ☐ _____
- ☐ _____

Other

- ☐ _____
- ☐ _____

3 Two prep windows

Prep window 1

Day / time: _____

_____

_____

_____

Prep window 2

Day / time: _____

_____

_____

_____

Leftover Tracker and Week-End Reset

Count the safe window, then give every leftover a job.

The safe-window quick card (USDA FSIS guidance, read Nov 27, 2026)

- **Refrigerate within 2 hours** of cooking, or within 1 hour if it is above 90°F (about 32°C). Hot food can go straight into the fridge.
- **Shallow, covered containers** help food cool fast to 40°F (about 4°C) or below.
- **Refrigerated leftovers: 3 to 4 days** at 40°F or below. Freeze what you will not eat in that window.
- **Reheat leftovers to 165°F** (about 74°C), checked with a food thermometer. Smell is not a safety test.

1 What is in the fridge or freezer?

Leftover	Amount	Cooked / chilled on	Fridge or freezer	Eat or freeze by

Tip: count from the day the food was cooked and refrigerated. Label each container with the dish, the date and the plan for it.

2 Week-end reset

- ☐ Everything left was eaten, frozen or thrown out on purpose
- ☐ Freezer items are labeled with dish and date
- ☐ Containers washed and fridge wiped
- ☐ Next week's plan started

Eaten from the fridge		Moved to the freezer		Thrown out	

What worked this week: _____

What I will change next week: _____

Frozen leftovers stay safe indefinitely when kept frozen, but quality declines over time; USDA FSIS suggests about 3 to 4 months for general leftovers. No calorie, weight-loss or treatment claims. Made with AI assistance and reviewed before release. Source: USDA FSIS, Leftovers and Food Safety (fsis.usda.gov). Free to print and share for personal use; please do not resell.