

Weekly Meal Planner

MONDAY			DATE
Breakfast	Lunch	Afternoon Snacks	Dinner
Side	Side	Side	Side

TUESDAY			DATE
Breakfast	Lunch	Afternoon Snacks	Dinner
Side	Side	Side	Side

WEDNESDAY			DATE
Breakfast	Lunch	Afternoon Snacks	Dinner
Side	Side	Side	Side

THURSDAY			DATE
Breakfast	Lunch	Afternoon Snacks	Dinner
Side	Side	Side	Side

FRIDAY			DATE
Breakfast	Lunch	Afternoon Snacks	Dinner
Side	Side	Side	Side

SATURDAY			DATE
Breakfast	Lunch	Afternoon Snacks	Dinner
Side	Side	Side	Side

SUNDAY			DATE
Breakfast	Lunch	Afternoon Snacks	Dinner
Side	Side	Side	Side

Weekly Meal Planner Template

© 2021 Spreadsheet123 LTD



Breakfast

>> Main <<

Egg

Omelette

Cereal

Oatmeal

Porridge

Pancakes

Bagels

Waffles

Sandwich

French Toasts

>> Sides <<

Bacon

Hashbrowns

Sausages

Toast

Mushrooms

Fruits

Yogurts

Weekly Meal Planner Template

© 2021 Spreadsheet123 LTD



Lunch

>> Main <<	>> Sides <<
Sandwich	Fruits
Bagels	Juice
Biscuits	Yogurts
Salads	Milk

Weekly Meal Planner Template

© 2021 Spreadsheet123 LTD



Afternoon Snacks

>> Main <<

>> Sides <<

Biscuits

Fruit

Cheese & Crackers

Juice

Carrots & Hummus

Yogurt

Flapjack

Milk

Pretzels

Pita Crisps

Weekly Meal Planner Template

© 2021 Spreadsheet123 LTD



Dinner

>> Main <<	>> Sides <<
--- Chicken ---	Mashed Potatoes
	French Fries
Chicken Tikka	Baked Potatoes
Chicken Goujons	New Potatoes
Roast Chicken	Steamed Rice
Chicken Kiev	Noodles
Teriyaki Chicken	Fried Rice
White Wine Lemon Chicken	Couscous
Chilli Chicken	Salad
Fried Chicken Drumsticks	Peas
Chicken Salad	Carrots
Chicken Cutlets	Broccoli
Parmesan Chicken	Cauliflower
Chicken & Mushroom Pie	Green Beans
Chicken Risotto	Asparagus
	Sweet Corn
--- Beef ---	--- Bread ---
	French Baguette
Shepherd's Pie	Sliced White
Lasagne	Wholemeal Bread
Steak Pie	Bread Rolls
Chilli Con Carne	Ciabatta
Meatballs	Pita Bread
Beef Wellington	Tortilla
Burgers	
Tacos	
Spaghetti Bolognese	--- Desserts ---
Roast Beef	Apple Tart
Meatloaf	Chocolate Fudge
Meat Pie	Chocolate Gateau
Steaks	Jello
	Profiteroles
--- Pork ---	
Roast Pork	
Pork Rib Eye	
Pork Chops	
Sausages	

||--- Fish ---||

Scampi

Breaded Cod

Grilled Prawns

Seafood Pasta

Seafood Risotto

Baked Cod

||--- Soups ---||

Tomato Soup

Carrot & Lentil Soup

Cream of Cauliflower Soup

Minestrone Soup

Potato & Leek Soup

Mushroom Soup

Terms of Use - EULA

IMPORTANT—READ CAREFULLY:

This End-User License Agreement ("EULA") is a legal agreement between you and Spreadsheet123.com. This EULA covers all Microsoft Excel and OpenOffice.org templates or spreadsheets ("TEMPLATES") available on Spreadsheet123.com.

By downloading, copying, accessing or otherwise using any TEMPLATES or/and SOFTWARE, you agree to the terms of this EULA.

TEMPLATES LICENSE

This TEMPLATE is protected by copyright laws and international copyright treaties, as well as other intellectual property laws and treaties. Each TEMPLATE is licensed, not sold.

1. GRANT OF LICENSE.

This EULA grants you the right to download this TEMPLATE free of charge for **personal use or household.**

You may customize this **TEMPLATE** with your personal information and use it for its intended purpose, such as for personal documentation or/and communications, but you may not remove or alter any logo, trademark, disclaimers, terms of use or other proprietary notices within this TEMPLATE.

You may not sell, resell, license, rent, lease, lend or otherwise transfer for value without written permission of **SPREADSHEET123.COM**

You may not distribute this **TEMPLATE** in any stand-alone products that contain only the TEMPLATE product. You may not copy or post any TEMPLATE on any network computer or broadcast it without written permission of **SPREADSHEET123.COM**.

2. RESERVATION OF RIGHTS.

All title and copyrights in and to the Template, and any copies of the Template, are owned by Spreadsheet123.com. All rights not expressly granted are reserved by Spreadsheet123.com. In particular, this EULA reserves all rights in connection with any trademarks or service marks of Spreadsheet123.com. Use of any other than expressly permitted in this EULA is prohibited, and may result in severe civil and criminal penalties.

3. TERMINATION.

Without prejudice to any other rights, **Spreadsheet123.com** may terminate this EULA if you do not comply with the terms and conditions of this EULA. In such event, you must destroy all copies of any TEMPLATES.

4. NOTICE SPECIFIC TO TEMPLATES.

SPREADSHEET123.COM MAKE NO REPRESENTATIONS

ABOUT THE SUITABILITY OF THE TEMPLATES FOR ANY PURPOSE. ALL TEMPLATES ARE PROVIDED "AS IS" WITHOUT WARRANTY OF ANY KIND. SPREADSHEET123.COM HEREBY DISCLAIM ALL WARRANTIES AND CONDITIONS WITH REGARD TO THE TEMPLATES, INCLUDING ALL IMPLIED WARRANTIES AND CONDITIONS OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE AND NON-INFRINGEMENT. IN NO EVENT SHALL SPREADSHEET123.COM BE LIABLE FOR ANY DIRECT OR CONSEQUENTIAL DAMAGES OR ANY DAMAGES WHATSOEVER RESULTING FROM THE USE OF THE TEMPLATES.

OF USE, DATA OR PROFITS, WHETHER IN AN ACTION OF CONTRACT, NEGLIGENCE OR OTHE

ANY REFERENCES TO EVENTS, PEOPLE, PLACES, OR ENTITIES IN THE TEMPLATES IS PURELY FICTITIOUS AND NOT IN PERSON, PLACE, OR ENTITY. SPREADSHEET123.COM DISCLAIMS ANY LIKENESS OR SIMILARITIES TO ACTUAL EVENTS, PEOPLE, PLACES, OR ENTIT ANY SUCH LIKENESS OR SIMILARITIES ARE UNINTENTIONAL AND PURELY COINCIDENTAL.

5. MISCELLANEOUS.

Some states do not allow the limitation or exclusion of liability for incidental or consequent damages, so the above limitation may not apply to you.



© 2021 Spreadsheet123 LTD

[Redacted]

et123.com that
id software ("SOFTWARE") made

you agree to be bound by the

[Redacted]

is other intellectual

[Redacted]

or use within your family

urpose in personal calculations
ark, copyright, hyperlinks,

itten

**EMPLATE, or as part of any other
t in any media without**

[Redacted]

by Spreadsheet123.com.
.A does not grant you any
ny Template for any purpose
criminal penalties.

[Redacted]

i fail to comply with the
ATE.

[Redacted]

/IDED

-
:D
)SE, TITLE
' SPECIAL,
OM LOSS

R TORTIOUS

TENDED TO REPRESENT ANY ACTUAL EVENT,
IES, AND



ial