WEEKLY MEAL PLANNER

This week, sorted

A week on one page, the way Australian households actually eat. Plan dinners first, then fill in the rest. Leave blank anything you don't plan.

My Tomte

Week of _____

	Mon __/__	Tue __/__	Wed __/__	Thu __/__	Fri __/__	Sat __/__	Sun __/__
WHO'S HOME?	○○○	○○○	○○○	○○○	○○○	○○○	○○○
BREAKFAST							
MORNING TEA							
LUNCH Leftovers count							
AFTERNOON TEA							
DINNER Plan these first							
DESSERT							

Use this week — About to go off? Plan it in first.

Notes — School events, birthday cakes, late nights

Prefer it done for you? My Tomte fills in the plan in one tap and keeps the list on your phone.

meetmytomte.com

WEEKLY MEAL PLANNER

The shopping list

Grouped by aisle, so nobody walks back to fruit and veg for one lemon. Check the cupboard before you write it down, then take this page to the shops.

My Tomte

Week of _____

Fruit and veg

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Meat and fish

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Dairy

and eggs

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Pantry

tins, pasta, sauces, snacks

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Frozen

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Household

the stuff you can't eat

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Don't forget