BONUS 1 - Printable Chart: What's for Dinner Today?

A weekly planner ready to fill in and stick on your fridge, featuring: - Daily menu - Quick shopping list - Notes or reminders (like "defrost chicken!") - Space to jot down leftovers Print it out or take a screenshot and use it on your phone each week.

Weekly Meal Planner

Day	Breakfast	Lunch	Dinner	Notes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Quick Shopping List

Grains:

■ Rice, ■ Pasta, ■ Oats, ■ Bread

Proteins:

■ Chicken, ■ Eggs, ■ Tuna, ■ Yogurt

Vegetables & Fruit:

■ Zucchini, ■ Carrots, ■ Bananas, ■ Apples

Basics:

■ Olive oil, ■ Salt, ■ Herbal teas, ■ Plant-based milk