

Be Real

What's for supper?



A weekly meal planner

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Hey, welcome!♡

Be Real is my way of keeping things honest and doable, and that goes for supper too. This planner came out of my own weekly meal-planning routine. I pick a few dinners, check what I already have, and shop only for what I need. That's the whole system.

Some weeks you'll plan all seven nights. Some weeks it's three nights and a shrug. Both count.

How to use it♡

1. Brainstorm meals on the left page. Anything goes.
2. Pick your suppers and write one beside each day.
3. Check the fridge, freezer, and pantry first.
4. List only what you need, then go shop.
5. Swap days anytime. Meals move around, and that's fine.

—♡—
*Leftovers, convenience foods, and nights out all count as supper.
Nobody is grading this.*

You don't need to print the entire planner. Choose one of the three weekly spreads on pages 6 through 11. Print pages 6 and 7, pages 8 and 9, or pages 10 and 11 whenever you need a fresh week. Choose Actual Size or 100% when printing.

Food ideas

example spread

Chicken pot pie

Taco casserole

Roast + potatoes

Spaghetti + garlic bread

Breakfast for supper

Soup + grilled cheese

Frozen pizza

Notes + extras

Pot pie leftovers = Monday

Book a table for date night

Pizza night = easy Friday

Be Real[♥]

example spread

What's for supper?

Sunday	Chicken pot pie
Monday	Leftovers
Tuesday	Taco casserole
Wednesday	Spaghetti + garlic bread
Thursday	Date night
Friday	Frozen pizza
Saturday	Roast + potatoes

What I need[♥]

Chicken	Spaghetti + sauce
Biscuits	Garlic bread
Frozen veggies	Eggs
Cream of chicken soup	Bacon
Ground beef	Frozen pizza
Taco seasoning	Roast
Shredded cheese	Potatoes

Swap days. Use leftovers. Make it yours.



Notes + extras

Be Real 

You don't need the perfect plan.
You need a plan that makes
tonight a little easier.





Be Real[♡]

What's for supper?

Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

What I need[♡]



Swap days. Use leftovers. Make it yours.





Notes + extras

Be Real 

There is no prize for making everything harder than it needs to be. Choose the easier dinner, ask for help, and leave something for tomorrow.





Be Real[♥]

What's for supper?

Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

What I need[♥]



Swap days. Use leftovers. Make it yours.





Notes + extras

Be Real 

Being real with yourself does not mean being cruel to yourself. Honesty can be direct and still be kind.





Be Real[♡]

What's for supper?

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

What I need[♡]



Swap days. Use leftovers. Make it yours.





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Be Real

What's for supper?



Pick your dinners.

Check what you already have.

Shop for what you need.

Swap days. Use leftovers. Make it yours.