

Vegan Weekly Meal Plan Template

Plan your week, shop with purpose

VeganPreps

How to Use This Template

Print this template and fill it in each week. Planning meals ahead of time reduces food waste, cuts impulse buys, and keeps your plant-based eating on track. Use a pencil so you can erase and reuse, or print a fresh copy each week.

Two Pages, One System

- Page 1: Weekly planner grid for breakfast, lunch, dinner, and snacks
- Page 2: Blank grocery list organized by store section

PLANNING TIP

Fill in the meal grid first, then work through the grocery list by checking what you already have at home. Cross off pantry staples you do not need to buy this week. This keeps your shopping list short and your budget low.

Need recipe ideas to fill in the grid? Browse hundreds of vegan meal prep recipes at veganpreps.com.

Weekly Meal Plan

Write in your meals for the week. Print a fresh copy each week or use pencil to erase and reuse.

DAY	BREAKFAST	LUNCH	DINNER	SNACK	NOTES
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Grocery List

Fill in what you need based on your meal plan above. Check off items as you shop.

PRODUCE

☐	☐
☐	☐
☐	☐
☐	☐

GRAINS & PASTA

☐	☐
☐	☐
☐	☐
☐	☐

BEANS & PROTEIN

☐	☐
☐	☐
☐	☐
☐	☐

CANNED & PANTRY

☐	☐
☐	☐
☐	☐
☐	☐

FROZEN

☐	☐
☐	☐
☐	☐
☐	☐

SPICES

☐	☐
☐	☐
☐	☐
☐	☐

OTHER

☐	☐
☐	☐
☐	☐
☐	☐

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