

MEALPREPBIX

The Printable Grocery List for Weekly Meal Prep

Free 5-Template Pack

WHAT IS INSIDE

1. Weekly Meal Prep Shopping List
2. Two-Week Bulk Shopping List
3. Category-Sorted List by Aisle
4. Aldi-Style Budget Grocery List
5. Pantry Inventory + Grocery Pair

HOW TO USE THIS PACK

Print on US Letter (8.5 x 11), portrait, 100% scale, regular paper or card stock.

For a reusable version, slide a sheet into a clear protector and use a dry-erase marker.

Pair the pantry inventory sheet with any list to stop double-buying staples.

Pin to your meal prep board so you can find this pack again next Sunday.

Weekly Meal Prep Shopping List

Plan 5 dinners, 1 breakfast batch, and 1 snack batch. Built for Sunday prep.

THIS WEEK'S MEAL PLAN

Mon dinner: _____
Tue dinner: _____
Wed dinner: _____
Thu dinner: _____
Fri dinner: _____
Breakfast batch: _____
Snack batch: _____

PRODUCE

- _____
- _____
- _____
- _____
- _____
- _____

PROTEIN

- _____
- _____
- _____
- _____
- _____
- _____

DAIRY & EGGS

- _____
- _____
- _____
- _____
- _____
- _____

PANTRY STAPLES

- _____
- _____
- _____
- _____
- _____
- _____

SNACKS & BREAKFAST

- _____
- _____
- _____
- _____
- _____
- _____

FROZEN

- _____
- _____
- _____
- _____
- _____
- _____

Two-Week Bulk Shopping List

Built for Costco, Sam's Club, or bulk Walmart runs. 14-day shelf life focus.

BULK PROTEINS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

LONG-HOLD PRODUCE

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

PANTRY & GRAINS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAIRY (BULK)

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

FROZEN BACKUP

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

FRESH TOP-UP (DAY 8)

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

BULK PREP TIP

Portion bulk proteins into freezer bags the day you buy them. Label each bag with date and weight.

Grocery List by Aisle

Sorted in store-walk order. Walk the store once, no backtracking.

1. PRODUCE

- _____
- _____
- _____
- _____
- _____

3. MEAT & SEAFOOD

- _____
- _____
- _____
- _____
- _____
- _____

5. PANTRY CENTER AISLES

- _____
- _____
- _____
- _____
- _____
- _____
- _____

7. FROZEN

- _____
- _____
- _____
- _____
- _____
- _____

2. BAKERY

- _____
- _____
- _____
- _____

4. DAIRY & EGGS

- _____
- _____
- _____
- _____
- _____

6. SNACKS & BREAKFAST

- _____
- _____
- _____
- _____
- _____

8. HOUSEHOLD & PERSONAL

- _____
- _____
- _____
- _____

Aldi-Style Budget Grocery List

Built for under-\$60-a-week households. Works at Aldi, Lidl, or any discount grocer.

BUDGET TRACKER

Weekly budget: \$_____

Servings to cover: _____

Cost per serving target: \$_____

CHEAP PROTEINS

- _____
- _____
- _____
- _____
- _____
- _____

PANTRY BULK STAPLES

- _____
- _____
- _____
- _____
- _____
- _____

DAIRY BASICS

- _____
- _____
- _____
- _____

BUDGET PRODUCE

- _____
- _____
- _____
- _____
- _____
- _____

FROZEN SAVES

- _____
- _____
- _____
- _____
- _____

QUICK WINS (UNDER \$2)

- _____
- _____
- _____
- _____
- _____

Pantry Inventory + Grocery List

Fill pantry side first. Cross off what you have. Then build the grocery side.

PANTRY INVENTORY

PANTRY SHELF

- _____
- _____
- _____
- _____
- _____
- _____

FRIDGE

- _____
- _____
- _____
- _____
- _____

FREEZER

- _____
- _____
- _____
- _____
- _____

SPICES RUNNING LOW

- _____
- _____
- _____
- _____

GROCERY LIST

PRODUCE

- _____
- _____
- _____
- _____
- _____
- _____

PROTEIN

- _____
- _____
- _____
- _____
- _____
- _____

DAIRY & EGGS

- _____
- _____
- _____
- _____
- _____
- _____

PANTRY RESTOCK

- _____
- _____
- _____
- _____
- _____