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Does thinking about meals, recipes, buying groceries, and cooking take a lot of your time? Do you find yourself eating unhealthy food and overspending on your meals? Are you looking for a simple solution for your food problems? Then check out the meal plan templates we'll be exploring in the article below! A meal plan is the first step toward a healthy living style. But meal planning is exhausting for beginners. Worry not! Google Sheets provides the best meal plan templates. Best of all, Google Sheets meal plan templates are free, easy, and customizable. Read on to learn about eight free Google Sheets meal plan templates and how to make your own meal plan templates in Google Sheets. A Google Sheets meal plan template is a pre-designed document that helps you plan and organize weekly or monthly meals. They are free and editable. You can make a variety of meal plan templates in Google Sheets to fit your own style. Customize them for personal and professional use—if you're a nutritionist, you can use these templates to help your clients. The meal templates provided by Google Sheets include these features: Day Meal time (breakfast, lunch, dinner, snack) Meal name Recipe list Ingredients list Grocery list Prep time There are many software solutions for creating meal plan templates, such as Canva and Adobe, but they have limitations. Here are a few of the main ones to consider: Expensive Limited free options Can't calculate calories Can't create charts and graphs Google Sheets, on the other hand, offers various features that make it a perfect tool for creating meal plan templates. Here's why you should use Google Sheets for creating your own meal plan templates. 1. Google Sheets is free. You only need a Gmail account. 2. Google Sheets provides multiple formatting options. 3. It's editable. Easily delete or add columns, rows, and data. 4. Google Sheets allows you to create graphs and charts in your meal plan template. 5. Use Google Sheets formulas to calculate calories and nutrition intake. 6. Google Sheets has unlimited free options to make different meal templates. For example: Diet meal plan template Gym meal plan template Medicated meal plan template Fasting meal plan template Healthy eating meal plan template Zero food waste meal plan template Google Sheets is a great tool for creating meal plan templates. Let's look into some of the top benefits of using Google Sheets meal templates: 1. Google Sheets allow you to share meal plan templates. Share them with clients and enjoy meal planning with friends and family. 2. You can download a Google Sheets meal template and save it on your phone and laptop. 3. You can print Google Sheets meal templates and hang them in your kitchen. 4. Google Sheets meal templates sync with other products, like Google Calendar and Google Drive. 5. Turn on offline access in Google Sheets to access meal templates offline. 6. Google Sheets are cloud-based, so you can access meal templates on any device with an internet connection and make changes. Google Sheets meal plan templates include all the details required for planning meals, such as the following: Month name: Name of the month you're planning meals for Week number: What week of the month it is Day name: Names of the weekdays Meal category: Breakfast, lunch, dinner, and snack Meal name: The type of meal you will cook, such as pasta Food serving: Quantity of food to be served Ingredients list: Names of ingredients required for the meal Recipe list: Instructions on how to put the meal together Shopping list: What to buy for meal preparation Notes: Tips or reminders for preparing the meal The meal planning process can be time-consuming and frustrating. Meal plan templates are excellent tools to simplify and speed up meal preparation. Google Sheets offers unlimited free meal plan templates. You can make a meal plan template from scratch in Google Sheets or import them from third-party websites. There are ready-made templates that you can edit according to your needs. Google Sheets meal plan templates have similar layouts. All meal plans have a day name and meal category. You only have to put meal names in the fields. Let's explore eight of the best Google Sheets meal plan templates to help you in meal planning. You can't get fit without eating healthy, working out, and tracking your food intake. This is where the Google Sheets Diet Plan Template comes in handy. It helps you plan healthy meals and track your calories and weight loss progress. You can make a daily, weekly, or monthly Diet Plan Template. Customize it according to your progress and goals. Basic elements of the Diet Plan Template include: Day name Meal time Food name Calorie intake Why use the Google Sheets Diet Plan Template? 1. This template allows you to create a customized diet plan to lose weight without starving yourself. 2. It helps you to stay organized in your weight loss journey as you track calories and progress over time. Template Source: Tiller Perhaps you want to eat home-cooked food, but you don't have the time to cook food three times a day. The Google Sheets Meal Prep Template will be a lifesaver! The Meal Prep Template helps you shop, cook, and batch meals in advance. For meal prep, set aside some time, from 20 minutes to an hour, to start prepping meals. You can make weekly or daily meal prep templates. The layout is very similar to a meal plan template. The only difference in meal prep is setting aside time to prep upcoming meals. Why use a Google Sheets Meal Prep Template? 1. It will save you time throughout the week. 2. Opt for a meal prep template if you have a busy schedule and can't cook food at mealtime. 3. Use meal prep to maintain a healthy living style. Thinking about meal ideas daily can take a lot of mental energy on top of everything else we worry about. Planning home-cooked meals for a month may seem daunting. The Google Sheets Monthly Meal Plan Template is the best option for organizing your monthly meals without worrying. A Monthly Meal Plan Template lets you plan breakfast, lunch, and dinner each day for a month, taking out the daily stress of cooking. The following are essential meal plan details to include in the Monthly Meal Plan Template: Rows for up to 31 days Meal category Meal name Ingredients Notes Why use a Google Sheets Monthly Meal Plan Template? 1. You want to save money as home-cooked food is wallet friendly. 2. You're aiming to change your cooking habits. 3. You're conscious of food waste. Planning meals for a vacation can be challenging if you have a medical issue, are traveling with kids, or are on a diet. Don't fret! You can eat your favorite food without stressing on vacation by using a Google Sheets Vacation Meal Plan Template. The Google Sheets Vacation Meal Plan Template helps you plan meals during your holiday. Here are a few tips to keep in mind before creating a Vacation Meal Plan Template: Decide whether you will stay in a hotel or Airbnb. Check local restaurants and their menus. If your desired food is available here, add it to your planner. Determine which meals you will put together yourself. Add meals that need fewer utensils, time, and ingredients for cooking. Why use a Google Sheets Vacation Meal Plan Template? 1. Spend more fun time with your family instead of stressing about meals on vacation. 2. Don't overspend money on food during a trip. 3. Budget vacation expenses ahead of time. 4. Engage the family in picking meals. 5. Don't compromise on your healthy eating routine. Template Source: Tiller You have to eat balanced, healthy food to be healthy and fit. But we're busy, and it's hard to eat balanced food without planning. The Nutrition Template in Google Sheets is the best choice for planning healthy meals. The Google Sheets Nutrition Templates helps track and monitor an individual's food intake. The Nutrition Template includes: Nutrient-specific information Calories Cost of an average meal Recipe list Grocery list Why use a Google Sheets Nutrition Template? 1. Nutritionists can use it for their clients. 2. It helps you choose the right ingredients for your meals, making you mindful about what you eat. What should I cook today? This question can grow tiresome and frustrating when you ask it of yourself every day. And unplanned cooking typically leads us to unbalanced, overpriced, unhealthy food options. The Weekly Meal Plan Template in Google Sheets is an excellent option to make our everyday life easier. They are the most popular meal plan template and make daily cooking fuss-free. With this template, plot out your breakfast, lunch, and dinner for each day of the week. Some people plan all meals and snacks in a weekly meal template. Others may only plan two or three meals. A Weekly Meal Plan Template includes: Weekday's name Breakfast Lunch Snack Dinner Recipe sheet Grocery list You can exclude the recipe sheet if you already know the recipe. Why use a Google Sheets Weekly Meal Plan Template? 1. It saves time cooking meals. 2. It helps you to eat better. If you don't like to wander around the grocery store trying to figure out what you need to buy, the Meal Planner with Shopping List Template is a great resource. This template includes a meal plan template with the addition of a shopping list sheet, combining two great features into one. You can make a weekly or monthly Meal Planner with Shopping List Template, based on what you need. First plan your meals, then make the shopping list. The shopping list aspect of the template can be divided into sections such as: Fruits Vegetables Pasta/Rice Oil/Sauce Protein Dairy Why use a Google Sheets Meal Planner with Shopping List? 1. It can help you keep track if you're aiming to be thoughtful about food waste. 2. Save money by planning your shopping ahead of time. Are you a vegan struggling to find meal ideas? We can understand, as there are limited ingredients and recipes for vegans. But don't worry. The Google Sheets Vegan Meal Plan Template can help you relieve some of that stress. The Vegan Meal Plan Template in Google Sheets allows you to plan your vegan meals according to your taste and needs. This is a weekly meal plan template. Why use a Google Sheets Vegan Meal Plan Template? 1. It will help you be organized and on track with your vegan diet. 2. You can use it to keep an eye on your intake to make sure you're getting all the nutrients you need to maintain good health. 3. You can save time and money on groceries. Meal planning is a hectic task, but Google Sheets makes it easy. This cloud-based program allows you to customize your templates and store all your sheets in one place. Before creating a Google Sheets meal plan template, here are some things to consider: Be aware of your schedule for the week. If you plan on being out during any mealtime, you don't need to plan a meal for that time slot. Check your fridge and pantry before going shopping. Don't add items to your grocery list if you already have them. Use what you have for your meals instead of buying new ones. For example, if you have pasta, then don't buy more pasta. Add this pasta to your meal plan. If you're not good at cooking, make a file for recipes. Add a recipe sheet to your meal planner to save time. Now it's time to make your meal plan template in Google Sheets. We will make two sheets in one template—one for the meal plan and the other for the grocery list. Here is a step-by-step process to show how to customize a weekly Google Sheets meal plan template: Start by opening up Google Sheets and making a new spreadsheet. We will create the meal plan sheet first. Meal Plan Sheet Step 1. Make a header and label it as a weekly meal plan. Step 2. Create the following four columns: Weekday Breakfast Lunch Dinner Feel free to add extra columns as desired, such as Snack, Cooking Time, and Servings. Step 3. Write down the names of the days under the weekday column. Step 4. Enter your meals for each day under the Breakfast, Lunch, and Dinner columns. Grocery Sheet Step 5. Now we will create a second sheet: the grocery sheet. At the bottom of the sheet, click the + icon. This will add a new sheet to the spreadsheet. Step 6. Click the arrow on the right side of the Sheet 2 tab to bring up the menu. Select Rename and label it as a grocery list. Step 7. Add two columns: Enter items you need for each meal and their quantity. Congratulations! You have successfully made your meal plan template in Google Sheets. To create a meal plan in Google Sheets, open a new sheet and label it as a meal plan template. Add rows for each day of the week and columns for the mealtimes. Fill out the breakfast, lunch, and dinner columns for each day. You can also add a grocery list and recipe list. No, Google Sheets doesn't have a built-in meal plan. But you can make your template in Google Sheets or download templates from third parties. Don't start from scratch every week! Personalize this monthly meal planner template and never again ask "What's for dinner?" in the panic of 5pm! This post may contain affiliate links. Read my full disclosure policy here. Why try this Sunday evening rolls around, I sigh. It's time to meal plan... AGAIN. You would think that because I'm a planner by nature (my bullet journal is consistently by my side and Google Calendar lives permanently as an open browser tab, wouldn't I mind this weekly chore. But you'd be wrong. The truth is, I've tried just about every meal plan strategy out there to help me fall in love with meal planning. From meal prep to grocery delivery, I've tried it all. I couldn't find my spark. I studied what companies like Once a Month Meals and Plated were doing and considered replicating their system using my own recipes. In the past, I felt frustrated using these services because I didn't like other people telling me what to eat and when. Especially if I had to use their recipes, not my tried-and-true ones. FYI: Plan to Eat uses your own recipes to meal plan, but I also didn't feel like typing all of them into a database when they're already organized inside my Recipe Binder! All I needed was a simple list of meals for each week that I could rotate and reuse. But I never acted on this idea until my friend, Rachelle, and I were chatting and she mentioned this is what she used to do. Now, she uses Google Calendar to meal plan! But I latched onto this idea, developed it further, and would you believe it—fell in love! This Google Sheets template gives you the basic structure for four weeks' worth of meal plans that you can print and reuse on a monthly basis. If you wanted to add a few more weeks, you could have 6-8 different plans, which would give you the most variety! The best part? No more starting from scratch every week. And you can easily build on opportunities to try to new recipes so you never have to worry about getting bored! Here's how to get started: Grab a blank sheet of paper and write down about 20 favorite dinner ideas. These don't have to be elaborate meals! Pizza and pancakes totally count. This number gives you a variety of meals to choose from as well as space to reserve a few of your all-time favorites. If you want to take this list this one step further, brainstorm a few lunch ideas and side dish options to pair with your main dishes. This next part isn't 100% necessary, but if your produce often goes bad before you can use it all, then this will help tremendously! Look over your list and, using different colored highlighters (midliners are my fave!) highlight meals you can list in the same week because they use similar ingredients. For example, when I put Eggplant parmesan on the list, I should also list Eggplant BLT Sandwiches a day or two later. (I've highlighted both in purple.) That way, I can use up the eggplant before it stinks up my fridge, and I only have to purchase it once for both recipes instead of two weeks in a row. Related: How to Streamline Your Grocery Shopping So You Don't Hate It For additional structure, you can categorize your meals based on nightly themes. That way, you're ready to open up your Month Meals and play. For example, the themes in my house are: Mondays - Comfort Food Tuesdays - Mexican Wednesdays - Quick and Easy Thursdays - Breakfast for Dinner Fridays - Pizza Night Saturdays - New Recipe Sundays - Quick and Easy Pro Tip: When you're deciding on nightly themes, think about the rhythm of your week. For example, Wednesdays are often busy because we have a small group on at 6 pm so I need something quick and easy. Same with Sundays: I'm preparing for the week ahead and don't want to make an elaborate meal. But I have more time on Saturdays, so I'm game to try a new recipe! Whatever your week looks like, plan your menu around your busy schedule and you're much more likely to stick to it. Here's where it gets fun! First, download your monthly meal planner template below. I'll send a Google Sheets link straight to your email. Once you open this link, click FILE -> MAKE A COPY so you can edit the file in your own account. On this spreadsheet, you'll see tabs on the bottom labeled Week One, Week Two, Week Three, and Week Four. That's so you can easily toggle between them depending on which weekly meal plan you want to use. Referencing your meal plan list, type in your nightly themes on the left-hand side, then plug in your dinner ideas where they best fit. I like to add dinners first, then go back through and add my lunch ideas as well as specify which days are best for leftovers based on the dinners I listed. I like to leave a spot blank for my New Recipe theme night and the Snacks section. That's because when I print out this menu, I can write down which recipe I want to try and list out all the snacks we have on hand or specify which snack recipes I want to make. Since those often change from week to week, I like to start with a blank space. I'll leave a spot blank for my Friday theme night and the Snacks section. 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Unbalanced Diet? Unhealthy Eating Habits? Google Sheets Nutrition Template? 1. Nutritionists can use it for their clients. 2. It helps you choose the right ingredients for your meals, making you mindful about what you eat. What should I cook today? This question can grow tiresome and frustrating when you ask it every well-off day. And, it's a question that's not only frustrating, but also unbalanced. The Google Sheets Weekly Meal Plan Template allows you to plan your weekly cooking. With this template, plot out your breakfast, lunch, and dinner for each day of the week. Some people plan all meals and snacks in a weekly meal template. Others may only plan two or three meals. A Weekly Meal Plan Template includes: Weekday's name Breakfast Lunch Snack Dinner Recipe sheet Grocery list You can exclude the recipe sheet if you already know the recipe. Why use a Google Sheets Weekly Meal Plan Template? 1. It saves time cooking meals. 2. It helps you to eat better. If you don't like to wander around the grocery store trying to figure out what you need to buy, the Meal Planner with Shopping List Template is a great resource. This template includes a meal plan template with the addition of a shopping list sheet, combining two great features into one. You can make a weekly or monthly Meal Planner with Shopping List Template, based on what you need. First plan your meals, then make the shopping list. The shopping list aspect of the template can be divided into sections such as: Fruits Vegetables Pasta/Rice Oil/Sauce Protein Dairy Why use a Google Sheets Meal Planner with Shopping List? 1. It can help you keep track if you're aiming to be thoughtful about food waste. 2. Save money by planning your shopping ahead of time. Are you a vegan struggling to find meal ideas? We can understand, as there are limited ingredients and recipes for vegans. But don't worry. The Google Sheets Vegan Meal Plan Template can help you relieve some of that stress. The Vegan Meal Plan Template in Google Sheets allows you to plan your vegan meals according to your taste and needs. This is a weekly meal plan template. Why use a Google Sheets Vegan Meal Plan Template? 1. It will help you be organized and on track with your vegan diet. 2. You can use it to keep an eye on your intake to make sure you're getting all the nutrients you need to maintain good health. 3. You can save time and money on groceries. Meal planning is a hectic task, but Google Sheets makes it easy. This cloud-based program allows you to customize your meal plan for each day of the week. Before creating a Google Sheets meal plan template, here are some things to consider: Be aware of your schedule for the week. If you plan on being out during any mealtime, you don't need to plan a meal for that time slot. Check your fridge and pantry before going shopping. Don't add items to your grocery list if you already have them. Use what you have for your meals instead of buying new ones. For example, if you have pasta, then don't buy new pasta. Add this pasta to your meal plan. If you're not good at cooking, make a file for recipes. Add a recipe sheet to your meal planner to save time searching for recipes. Decide what you want to eat for a week. Now it's time to make your meal plan template in Google Sheets. We will make two sheets in one template—one for the meal plan and the other for the grocery list. Here is a step-by-step process to show how to customize a weekly Google Sheets meal plan template: Start by opening up Google Sheets and making a new spreadsheet. We will create the meal plan sheet first. Meal Plan Sheet Step 1. Make a header and label it as a weekly meal plan. Step 2. Create the following four columns: Weekday Breakfast Lunch Dinner Feel free to add extra columns as desired, such as Snack, Cooking Time, and Servings. Step 3. Write down the names of the days under the weekday column. Step 4. Enter your meals for each day under the Breakfast, Lunch, and Dinner columns. Grocery Sheet Step 5. Now we will create a second sheet: the grocery sheet. At the bottom of the sheet, click the + icon. This will add a new sheet to the spreadsheet. Step 6. Click the arrow on the right side of the Sheet 2 tab to bring up the menu. Select Rename and label it as a grocery list. Step 7. Add two columns: Enter items you need for each meal and their quantity. Congratulations! You have successfully made your meal plan template in Google Sheets. To create a meal plan in Google Sheets, open a new sheet and label it as a meal plan template. Add rows for each day of the week and columns for the mealtimes. Fill out the breakfast, lunch, and dinner columns for each day. You can also add a grocery list and recipe list. No, Google Sheets doesn't have a built-in meal plan. But you can make your template in Google Sheets or download templates from third parties. Grab this free Google Sheets meal plan template with a weekly planner, grocery list, and list of favorite meals. (Click here to skip straight to the download section.) After Monday's travel itinerary template for Google Sheets, I'm back with another fun Google Sheets template today. This time, it's all about meal planning! Having an effective meal plan has saved me so much time, money, and energy over the years. It's crazy how much of a headache you can save yourself by taking maybe 30 minutes a week and planning out what you're cooking each day. And, it's even more fun when you have a pretty, coordinated meal planner to do it! If you're a visual person, having that plan all laid out in front of you is a great way to get those thoughts spinning in your head on paper. Instead of trying to remember what you're cooking each night, free up that mental bandwidth by jotting it all down. This is also a great way to get everyone in your home on the same page. Instead of fielding all of those "what's for dinner?" questions, answer them before they start! This template is great to print out for a family bulletin board, and can also be shared with others via sharing links. This digital meal planner is available through Google Sheets. It's free to use if you have a Google account! Simply click the download button at the bottom of this post to make your own free copy, then go to either the Google Sheets website or the Google Sheets app on a smartphone to access it. When I sit down to budget, I see how much I actually have left in my grocery budget. Most of the time, I find myself spending more than I have. I like to go into my pantry and freezer to see what ingredients are on hand, and try to shape meals around those. From there, you can also write in lunches, breakfasts, and even snacks if needed. This will help you fill out your grocery list later on. Don't be afraid to have 2-3 leftover days a week! In our home, I've found that we need at least 2 leftover days to make it through the meals for the week, but your mileage may vary. This is also great to print out. This tab is formatted to fit perfectly on 8.5x11" paper, so it can easily be displayed on a fridge or bulletin board in your home. Need an idea for that weekly meal planning grid? This is the place to go! As you think of your favorite meals, jot them down on this list. It's divided into main proteins (chicken, beef, pork, fish, etc.) and is great for those times when you're drawing a blank on what to cook. After you plan those meals, you actually have to go grocery shopping for them too. This shopping list makes it easy! Go through each recipe and add ingredients to the appropriate sections. By dividing the ingredients into categories, you'll be able to make it through the grocery store in no time. You have a space to list the item and the quantity you'll need for that week. As you check off items, they will cross off and become lighter. This makes it super easy to see what's still on your list. I've also got a coordinating Weekly & Monthly Google Sheets Planner Template! This 3-tab meal planner is a free download! Grab your free google sheets meal planner by filling in the form below. You'll receive download info in your inbox within minutes! Now, the meal planner above is a great starter template to use when you're getting into meal planning - but, I also have a fully-automated meal planner that takes so much of the work out of the process. This is the biggest and most automated I have in my arsenal of Google Sheets templates. It takes so much of the guesswork out of making a meal plan! You'll be able to add your own recipes to almost 100 different meals, and it will automatically create a meal plan for you. It's a great way to streamline your meal planning process, and it's a great way to make sure you're getting all the nutrients you need to maintain good health. 3. You can save time and money on groceries. Meal planning is a hectic task, but Google Sheets makes it easy. This cloud-based program allows you to customize your templates and store all your sheets in one place. If you want to create a meal plan template in Google Sheets, check out the section below. Before creating a Google Sheets meal plan template, here are some things to consider: Be aware of your schedule for the week. If you plan on being out during any mealtime, you don't need to plan a meal for that time slot. Check your fridge and pantry before going shopping. Don't add items to your grocery list if you already have them. Use what you have for your meals instead of buying new ones. For example, if you have pasta, then don't buy new pasta. Add this pasta to your meal plan. 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(Click here to skip straight to the download section.) After Monday's travel itinerary template for Google Sheets, I'm back with another fun Google Sheets template today. This time, it's all about meal planning! Having an effective meal plan has saved me so much time, money, and energy over the years. It's crazy how much of a headache you can save yourself by taking maybe 30 minutes a week and planning out what you're cooking each day. And, it's even more fun when you have a pretty, coordinated meal planner to do it! If you're a visual person, having that plan all laid out in front of you is a great way to get those thoughts spinning in your head on paper. Instead of trying to remember what you're cooking each night, free up that mental bandwidth by jotting it all down. This is also a great way to get everyone in your home on the same page. Instead of fielding all of those "what's for dinner?" questions, answer them before they start! This template is great to print out for a family bulletin board, and can also be shared with others via sharing links. This digital meal planner is available through Google Sheets. It's free to use if you have a Google account! Simply click the download button at the bottom of this post to make your own free copy, then go to either the Google Sheets website or the Google Sheets app on a smartphone to access it. When I sit down to budget, I see how much I actually have left in my grocery budget. Most of the time, I find myself spending more than I have. I like to go into my pantry and freezer to see what ingredients are on hand, and try to shape meals around those. From there, you can also write in lunches, breakfasts, and even snacks if needed. This will help you fill out your grocery list later on. Don't be afraid to have 2-3 leftover days a week! In our home, I've found that we need at least 2 leftover days to make it through the meals for the week, but your mileage may vary. This is also great to print out. This tab is formatted to fit perfectly on 8.5x11" paper, so it can easily be displayed on a fridge or bulletin board in your home. Need an idea for that weekly meal planning grid? This is the place to go! As you think of your favorite meals, jot them down on this list. It's divided into main proteins (chicken, beef, pork, fish, etc.) and is great for those times when you're drawing a blank on what to cook. After you plan those meals, you actually have to go grocery shopping for them too. This shopping list makes it easy! Go through each recipe and add ingredients to the appropriate sections. By dividing the ingredients into categories, you'll be able to make it through the grocery store in no time. You have a space to list the item and the quantity you'll need for that week. As you check off items, they will cross off and become lighter. This makes it super easy to see what's still on your list. I've also got a coordinating Weekly & Monthly Google Sheets Planner Template! This 3-tab meal planner is a free download! Grab your free google sheets meal planner by filling in the form below. You'll receive download info in your inbox within minutes! Now, the meal planner above is a great starter template to use when you're getting into meal planning - but, I also have a fully-automated meal planner that takes so much of the work out of the process. This is the biggest and most automated I have in my arsenal of Google Sheets templates. It takes so much of the guesswork out of making a meal plan! You'll be able to add your own recipes to almost 100 different meals, and it will automatically create a meal plan for you. It's a great way to streamline your meal planning process, and it's a great way to make sure you're getting all the nutrients you need to maintain good health. 3. You can save time and money on groceries. Meal planning is a hectic task, but Google Sheets makes it easy. This cloud-based program allows you to customize your templates and store all your sheets in one place. If you want to create a meal plan template in Google Sheets, check out the section below. Before creating a Google Sheets meal plan template, here are some things to consider: Be aware of your schedule for the week. If you plan on being out during any mealtime, you don't need to plan a meal for that time slot. Check your fridge and pantry before going shopping. Don't add items to your grocery list if you already have them. Use what you have for your meals instead of buying new ones. For example, if you have pasta, then don't buy new pasta. Add this pasta to your meal plan. If you're not good at cooking, make a file for recipes. Add a recipe sheet to your meal planner to save time searching for recipes. Decide what you want to eat for a week. Now it's time to make your meal plan template in Google Sheets. We will make two sheets in one template—one for the meal plan and the other for the grocery list. Here is a step-by-step process to show how to customize a weekly Google Sheets meal plan template: Start by opening up Google Sheets and making a new spreadsheet. We will create the meal plan sheet first. Meal Plan Sheet Step 1. Make a header and label it as a weekly meal plan. Step 2. Create the following four columns: Weekday Breakfast Lunch Dinner Feel free to add extra columns as desired, such as Snack, Cooking Time, and Servings. Step 3. Write down the names of the days under the weekday column. Step 4. Enter your meals for each day under the Breakfast, Lunch, and Dinner columns. Grocery Sheet Step 5. Now we will create a second sheet: the grocery sheet. At the bottom of the sheet, click the + icon. This will add a new sheet to the spreadsheet. Step 6. Click the arrow on the right side of the Sheet 2 tab to bring up the menu. Select Rename and label it as a grocery list. Step 7. Add two columns: Enter items you need for each meal and their quantity. Congratulations! You have successfully made your meal plan template in Google Sheets. To create a meal plan in Google Sheets, open a new sheet and label it as a meal plan template. Add rows for each day of the week and columns for the mealtimes. Fill out the breakfast, lunch, and dinner columns for each day. You can also add a grocery list and recipe list. No, Google Sheets doesn't have a built-in meal plan. But you can make your template in Google Sheets or download templates from third parties. Grab this free Google Sheets meal plan template, with a weekly planner, grocery list, and list of favorite meals. (Click here to skip straight to the download section.) After Monday's travel itinerary template for Google Sheets, I'm back with another fun Google Sheets template today. This time, it's all about meal planning! Having an effective meal plan has saved me so much time, money, and energy over the years. It's crazy how much of a headache you can save yourself by taking maybe 30 minutes a week and planning out what you're cooking each day. And, it's even more fun when you have a pretty, coordinated meal planner to do it! If you're a visual person, having that plan all laid out in front of you is a great way to get those