

The Couples' Meal Planning Workbook

Nourish your relationship, simplify your week, and build meals that work for both of you.

Step 1: Talk About Food Together

Use this space to get aligned on preferences, habits, and needs.

Food Preferences & Non-Negotiables

Question	Partner A	Partner B
Favorite cuisines		
Least favorite foods		
Food allergies/sensitivities		
Comfort foods		
Foods that energize you		
Foods you'd like to eat more often		

Step 2: Define Shared Goals

Choose a few priorities to focus on together.

Our Meal Goals:

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Step 3: Compare Weekly Schedules

Know who's available to cook or eat together.

Day	Who's Cooking?	Eating Together?	Notes (late nights, meetings, etc.)
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Step 4: Create Your Weekly Meal Plan

Map out your meals for the week. Add notes for meal prep or leftovers.

Meal Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
Lunch							
Dinner							
Notes							

Step 5: Grocery List by Category

Use this master list each week. Add or remove as needed.

Produce

Protein (Meat, Eggs, Plant-Based)

Grains & Legumes

Dairy & Alternatives

Pantry (Spices, Oils, Baking, Canned Goods)

Frozen

Other (Snacks, Household, Misc.)

Step 6: Favorite Go-To Meals

Build a list of reliable meals you both enjoy.

Category	Meal Ideas
Quick Weeknight	
Cozy Weekend	
Plant-Based	
Freezer-Friendly	
Lunch Preps	
Breakfast Staples	

Final Reflection:

How did our meal plan work this week?

- What worked well?
- What felt hard or stressful?
- What would we change next week?

Remember, meal planning as a couple isn't about perfection. It's about staying connected, nourished, and supported. Keep showing up for each other—one meal at a time.