Meal-prep and grocery planner

Plan the cooking session, the portions it makes, and the shopping list in one sheet. Compare your total with Statistics Canada's average in the grocery budget calculator.

NAME

DATE

Recipe	Portions it makes	Days it covers	Ingredients to buy	Store and unit price	Cost (CAD)

SOURCES (CHECKED 2026-11-26)

Check current details on the official page. https://www.canada.ca/en/financial-consumer-agency/services/make-budget.html (checked 2026-11-26)