Weekly Meal Planner for Aging Adults

Plan Meals Around Real Routines, Preferences, and Caregiving Capacity

A practical caregiver tool for making the week easier to plan, shop for, and share.

A free resource from

The Caregiving Concierge™

by AdVantage Digital LLC

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Weekly Meal Planner for Aging Adults

Print it · write it down · keep it handy

THIS RESOURCE IS FOR (NAME)

PRIMARY CAREGIVER

DATE STARTED

LAST UPDATED

1 START HERE

- [ ] Write down appointments, transportation, caregiver handoffs, and other schedule constraints first.
- [ ] List several familiar meals the person reliably enjoys.
- [ ] Use leftovers intentionally when safe and appropriate.
- [ ] Keep at least one low-effort backup meal available.

2 WORKSHEET / TRACKER

DAY	BREAKFAST	LUNCH	DINNER	NOTES

Note: Use this page to make the next caregiver handoff clearer rather than relying on memory.

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Notes · patterns · caregiver handoff

3 NOTES, PATTERNS & FOLLOW-UP

MEALS THAT CONSISTENTLY WORK WELL:

LOW-EFFORT BACKUP MEALS:

SHOPPING OR PREP TASKS TO ASSIGN:

QUESTIONS OR CONCERNS TO FOLLOW UP ON:

Sources & further reading

- USDA MyPlate — Healthy Eating for Older Adults
- National Institute on Aging — Healthy Aging Tips for Older Adults

Educational and organizational only. Follow individualized instructions from qualified professionals.

Everything about your loved one's care, organized in one place.
The Caregiving Concierge™ helps families organize care details in one secure workspace.
Scan to learn more at thecaregivingconcierge.com.

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