Weekly Meal Plan

Week of _____

	MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFAST							
LUNCH							
DINNER							
SNACKS							

GROCERY LIST

Produce

- [ ]
- [ ]
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Meat & fish

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Dairy & eggs

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Pantry & tins

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Bakery & frozen

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- [ ]

Other

- [ ]
- [ ]
- [ ]
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- [ ]

USE UP FIRST

PREP AHEAD

Leftovers night? Write "L" in the slot and skip the shopping.