Weekly Plan

WEEK OF: _____

MONDAY
Breakfast _____
Lunch _____
Dinner _____

TUESDAY
Breakfast _____
Lunch _____
Dinner _____

WEDNESDAY
Breakfast _____
Lunch _____
Dinner _____

THURSDAY
Breakfast _____
Lunch _____
Dinner _____

FRIDAY
Breakfast _____
Lunch _____
Dinner _____

SATURDAY
Breakfast _____
Lunch _____
Dinner _____

SUNDAY
Breakfast _____
Lunch _____
Dinner _____

Grocery List

• PRODUCE •

• DAIRY •

• FROZEN •

• MEAT/PROTEIN •

• MISCELLANEOUS •

• BREADS/GRAINS •

• SNACKS •