

Week of: _____



WEEKLY MEAL PLAN

Sunday	B _____ L _____ D _____
Monday	B _____ L _____ D _____
Tuesday	B _____ L _____ D _____
Wednesday	B _____ L _____ D _____
Thursday	B _____ L _____ D _____
Friday	B _____ L _____ D _____
Saturday	B _____ L _____ D _____

SHOPPING LIST

Produce	Bread/Bakery	Deli	Breakfast
_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____
Baking Goods	Canned Goods	Condiments	Snacks
_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____
Refrigerated	Meat/Seafood	Frozen	Drinks
_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____

MISCELLANEOUS

_____ _____ _____

