

WEEKLY MEAL PLAN

Week of: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:
Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:
Snack:	Snack:	Snack:	Snack:	Snack:	Snack:	Snack:

RECIPES:

SHOPPING LIST:

Vegetables:

Meat & Dairy:

Packaged:

Other:

NOTES: