

# Meal Planning

	BREAKFAST	LUNCH	DINNER	NOTES
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

# Grocery List

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

PRODUCE:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

MEAT:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

SHELVES:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

DAIRY:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

FREEZER:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

OTHER:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____