



Weekly Meal Plan

Monday

Breakfast: _____

Snack: _____

Lunch: _____

Snack: _____

Dinner: _____

Tuesday

Breakfast: _____

Snack: _____

Lunch: _____

Snack: _____

Dinner: _____

Wednesday

Breakfast: _____

Snack: _____

Lunch: _____

Snack: _____

Dinner: _____

Thursday

Breakfast: _____

Snack: _____

Lunch: _____

Snack: _____

Dinner: _____

Friday

Breakfast: _____

Snack: _____

Lunch: _____

Snack: _____

Dinner: _____

Saturday

Breakfast: _____

Snack: _____

Lunch: _____

Snack: _____

Dinner: _____

Sunday

Breakfast: _____

Snack: _____

Lunch: _____

Snack: _____

Dinner: _____



Weekly Grocery List

1. Vegetables

2. Fruit

3. Meat

4. Spices & Herbs

5. Drinks

6. Meats

7. Miscellaneous
