

Weekly Meal Planner

(Date):

(Year):



	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

DATE:

my Shopping List

FRUITS AND VEGETABLES

MEAT AND POULTRY

SEAFOOD

PANTRY STAPLES

BREADS AND GRAINS

BEVERAGES

SNACKS AND SWEETS