

# Weekly Meal Planner



(Date): \_\_\_\_\_ (Year): \_\_\_\_\_

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

DATE: \_\_\_\_\_

# my Shopping List

FRUITS AND VEGETABLES

DAIRY AND EGGS

MEAT AND POULTRY

SEAFOOD

PANTRY STAPLES

BREADS AND GRAINS

BEVERAGES

SNACKS AND SWEETS

HOUSEHOLD ITEMS