



Weekly Meal Plan

MENU + GROCERY LIST, ONE PAGE



Plan the week's meals on the left, build the grocery list on the right. Snap a photo before you shop.

MEAL PLAN

	BREAKFAST	LUNCH	DINNER
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

GROCERY LIST

PRODUCE

-
-
-
-
-
-

PROTEIN

-
-
-
-

DAIRY & EGGS

-
-
-
-

PANTRY

-
-
-
-
-

FROZEN

-
-
-

OTHER

-
-
-
-

Leftover plan / freezer / batch cook:
