

# WEEKLY MEAL PLAN

Week of \_/\_/\_\_\_

☀ Monday

B  
L  
D

Produce

Grocery List ☀

Dairy

☀ Tuesday

B  
L  
D

Grains

Meat

☀ Wednesday

B  
L  
D

☀ Thursday

B  
L  
D

Frozen Food

Other

☀ Friday

B  
L  
D

☀ Saturday

B  
L  
D

Notes ☀

☀ Sunday

B  
L  
D