

MEAL PLAN & *Shopping List*

SUNDAY

B: _____
L: _____
S: _____

MONDAY

B: _____
L: _____
S: _____

TUESDAY

B: _____
L: _____
S: _____

WEDNESDAY

B: _____
L: _____
S: _____

THURSDAY

B: _____
L: _____
S: _____

FRIDAY

B: _____
L: _____
S: _____

SATURDAY

B: _____
L: _____
S: _____

SNACKS

PRODUCE

SHELF

REFRIGERATED/FROZEN/MEAT

HOUSEHOLD/MISC.

