Meal Plan for the Week of _____

	Breakfast	Lunch	Supper	Snack	Snack
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Grocery List

Dairy	Grains	Meats	Fruits & Veggies	Other
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____