

# FREE PRINTABLE

## WEEKLY MEAL PLAN

WEEK OF \_\_\_\_\_

SUNDAY			GROCERY LIST						
B	_____		DAIRY			PRODUCE			
L	_____		_____			_____			
D	_____		_____			_____			
MONDAY			GRAINS			MEATS			
B	_____		_____			_____			
L	_____		_____			_____			
D	_____		_____			_____			
TUESDAY			FROZEN			MISC.			
B	_____		_____			_____			
L	_____		_____			_____			
D	_____		_____			_____			
WEDNESDAY									
B	_____								
L	_____								
D	_____								
THURSDAY									
B	_____								
L	_____								
D	_____								
FRIDAY									
B	_____								
L	_____								
D	_____								
SATURDAY									
B	_____								
L	_____								
D	_____								

  

DAILY SERVINGS							
	S	M	T	W	T	F	S
Fruit 2 cups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vegetables 2 cups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Protein 5-oz	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grains 6-oz	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Milk 3 cups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Water 8 glasses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>