

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"/>