

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"/>