

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"/>