

■ GraceWise Weekly Meal Planner

Day	Breakfast	Lunch	Dinner	Snacks	Notes
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Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

“Taste and see that the Lord is good.” — Psalm 34:8

GraceWise Grocery List

■ Produce

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

■ Grains / Bread

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

■ Meat / Protein

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

■ Dairy / Substitutes

- _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
- Peace is part of provision. You're doing beautifully, friend. ■*
- _____
 - _____
 - _____