

WEEKLY MEAL PLAN

| | BREAKFAST | LUNCH | DINNER |
|-----|-----------|-------|--------|
| MON | | | |
| TUE | | | |
| WED | | | |
| THU | | | |
| FRI | | | |
| SAT | | | |
| SUN | | | |

SNACKS / NOTES

GROCERIES

PRODUCE

☐

☐

☐

☐

PROTEIN/DAIRY

☐

☐

☐

☐

PANTRY

☐

☐

☐

OTHER

☐

☐

☐