WEEKLY MEAL PLAN

WEEK OF _____

SUNDAY
B _____
L _____
D _____

MONDAY
B _____
L _____
D _____

TUESDAY
B _____
L _____
D _____

WEDNESDAY
B _____
L _____
D _____

THURSDAY
B _____
L _____
D _____

FRIDAY
B _____
L _____
D _____

SATURDAY
B _____
L _____
D _____

GROCERY LIST

DAIRY

PRODUCE

GRAINS

MEATS

FROZEN

MISC.

DAILY SERVINGS

		S	M	T	W	T	F	S
Fruit	2 cups	☐	☐	☐	☐	☐	☐	☐
Veggies	2 cups	☐	☐	☐	☐	☐	☐	☐
Protien	5 oz	☐	☐	☐	☐	☐	☐	☐
Grains	6 oz	☐	☐	☐	☐	☐	☐	☐
Milk	3 cups	☐	☐	☐	☐	☐	☐	☐
Water	8 glasses	☐	☐	☐	☐	☐	☐	☐