

WEEKLY MEALS AND SHOPPING LIST

DATE:



Weekly Meal Plan

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

GROCERY SHOPPING LIST

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐