Weekly Meal Planner

PLAN YOUR MEALS • SAVE TIME • SHOP SMART

Week of: _____ Grocery budget: $ _____

DAY	BREAKFAST	LUNCH	DINNER
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

Snacks / prep notes:

Grocery List

Check your pantry first, then shop with a list

Store: _____ **Estimated total: $** _____

PRODUCE

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

PANTRY / OTHER

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

PROTEIN / DAIRY

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

FROZEN / HOUSEHOLD

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____