

Weekly Menu Planner

WEEK OF: _____

Monday

Breakfast: _____

Lunch: _____

Dinner: _____

Tuesday

Breakfast: _____

Lunch: _____

Dinner: _____

Wednesday

Breakfast: _____

Lunch: _____

Dinner: _____

Thursday

Breakfast: _____

Lunch: _____

Dinner: _____

Friday

Breakfast: _____

Lunch: _____

Dinner: _____

Saturday

Breakfast: _____

Lunch: _____

Dinner: _____

Sunday

Breakfast: _____

Lunch: _____

Dinner: _____

Shopping List

Dairy

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

Meat

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

Frozen

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

Breads/Canned Food

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

Produce

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

Misc.

- _____
- _____
- _____
- _____