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							