**One-Week Menu Planner**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **S** unday  | **M** onday  | **T** uesday  | **W** ednesday  | **T** hursday  | **F** riday  | **S** aturday  |
| br eakfast  | br eakfast  | br eakfast  | br eakfast  | br eakfast  | br eakfast  | br eakfast  |
| lunch  | lunch  | lunch  | lunch  | lunch  | lunch  | lunch  |
| snack  | snack  | snack  | snack  | snack  | snack  | snack  |
| dinner  | dinner  | dinner  | dinner  | dinner  | dinner  | dinner  |

# One-Week Menu Planner

sunday B ::

L ::

S ::

dinner

monday B ::

L ::

S ::

dinner

tuesday B ::

L ::

S ::

dinner

wednesday B ::

L ::

S ::

dinner

thursday B ::

L ::

S ::

dinner

friday B ::

L ::

S ::

dinner

satur day B ::

L ::

S ::

dinner

# One-Week Menu Planner

Shopping List

B ::

sunday

L ::

S ::

D ::

B ::

monday

L ::

S ::

D ::

B ::

tuesday

L ::

S ::

D ::

B ::

wednesday

L ::

S ::

D ::

B ::

thursday

L ::

S ::

D ::

B ::

friday

L ::

S ::

D ::

B ::

satur day

L ::

S ::

D ::

# Two-Week Menu Planner

sunday monday tuesday wednesday thursday friday saturday

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| B | B | B | B | B | B | B |
| L | L | L | L | L | L | L |
| S | S | S | S | S | S | S |
| D | D | D | D | D | D | D |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| B | B | B | B | B | B | B |
| L | L | L | L | L | L | L |
| S | S | S | S | S | S | S |
| D | D | D | D | D | D | D |

# Fourteen-Day Menu Planner

B B

L L

1 S 2 S

D D

B B

L L

3 S 4 S

D D

B B

L L

5 S 6 S

D D

B B

L L

7 S 8 S

D D

B B

L L

9

## 10

S

S

D D

B B

L L

## 11 12

S

S

D D

B B

L L

## 13 14

S

S

D D

# Two-Week Menu Planner

B B

sunday

L L

S S

D D

B B

monday

L L

S S

D D

B B

tuesday

L L

S S

D D

B B

wednesday

L L

S S

D D

B B

thursday

L L

S S

D D

B B

friday

L L

S S

D D

B B

satur day

L L

S S

D D

# Four-Week Menu Planner

sunday monday tuesday wednesday thursday friday saturday

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| B | B | B | B | B | B | B |
| L | L | L | L | L | L | L |
| S | S | S | S | S | S | S |
| D | D | D | D | D | D | D |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| B | B | B | B | B | B | B |
| L | L | L | L | L | L | L |
| S | S | S | S | S | S | S |
| D | D | D | D | D | D | D |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| B | B | B | B | B | B | B |
| L | L | L | L | L | L | L |
| S | S | S | S | S | S | S |
| D | D | D | D | D | D | D |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| B | B | B | B | B | B | B |
| L | L | L | L | L | L | L |
| S | S | S | S | S | S | S |
| D | D | D | D | D | D | D |

# Four-Week Menu Planner

week one week two week thr ee week four

sunday

B L S D

B L S D

tuesday

monday

B L S D

B L S D

thursday

wednesday

B L S D

B L S D

satur day

friday

B L S D

# Seven-Day Meal Planner

br eakfasts

lunches

snacks

dinners

**Seven-Day Menu Planner**

|  |  |  |  |
| --- | --- | --- | --- |
| B | ::  |  | dinner  |
| 1 L | ::  |  |  |
| S | ::  |  |  |
| B | ::  |  | dinner  |
| 2 L | ::  |  |  |
| S | ::  |  |  |
| B | ::  |  | dinner  |
| 3 L | ::  |  |  |
| S | ::  |  |  |
| B | ::  |  | dinner  |
| 4 L | ::  |  |  |
| S | ::  |  |  |
| B | ::  |  | dinner  |
| 5 L | ::  |  |  |
| S | ::  |  |  |
| B | ::  |  | dinner  |
| 6 L | ::  |  |  |
| S | ::  |  |  |
| B | ::  |  | dinner  |
| 7 L | ::  |  |  |
| S | ::  |  |  |

# Menu Plan for the Month of :

sunday monday tuesday wednesday thursday friday saturday

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| B | B | B | B | B | B | B |
| L | L | L | L | L | L | L |
| S | S | S | S | S | S | S |
| D | D | D | D | D | D | D |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| B | B | B | B | B | B | B |
| L | L | L | L | L | L | L |
| S | S | S | S | S | S | S |
| D | D | D | D | D | D | D |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| B | B | B | B | B | B | B |
| L | L | L | L | L | L | L |
| S | S | S | S | S | S | S |
| D | D | D | D | D | D | D |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| B | B | B | B | B | B | B |
| L | L | L | L | L | L | L |
| S | S | S | S | S | S | S |
| D | D | D | D | D | D | D |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| B | B | B | B | B | B | B |
| L | L | L | L | L | L | L |
| S | S | S | S | S | S | S |
| D | D | D | D | D | D | D |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |

# Two-Store Shopping List

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| stor e |  |  | stor e |  |
| to pur chase  | price $ | coupon?  | to pur chase  | price coupon? $  |
|  | $ |  |  | $  |
|  | $ |  |  | $  |
|  | $ |  |  | $  |
|  | $ |  |  | $  |
|  | $ |  |  | $  |
|  | $ |  |  | $  |
|  | $ |  |  | $  |
|  | $ |  |  | $  |
|  | $ |  |  | $  |
|  | $ |  |  | $  |
|  | $ |  |  | $  |
|  | $ |  |  | $  |
|  | $ |  |  | $  |
|  | $ |  |  | $  |
|  | $ |  |  | $  |
|  | $ |  |  | $  |
|  | $ |  |  | $  |
|  | $ |  |  | $  |
|  | $ |  |  | $  |
|  | $ |  |  | $  |
|  | $ |  |  | $  |

**Menu Planning Worksheet**

items on hand re c i p e i d e a s

stor e deals

coupons

# Shopping List

to pur chase price

coupon?

notes

$

$

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$

$

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