Weekly Meal Plan

WEEK OF

SUNDAY

SATURDAY

FRIDAY

THURSDSAY

WEDNESDAY

TUESDAY

# BREAKFAST LUNCH DINNER SNACKS

This worksheet can be used for both meals you prepare yourself, or meals prepared for you, like at the dining hall or take out. This is intended to help you be prepared so you have a well-rounded diet and aren't missing meals.

MONDAY

Grocery List

Fresh Produce

Deli/Meat/Protein

Bread/Bakery

Dairy/Refrigerated

Frozen Foods

Dry/Canned Goods

Spices/Baking

Bulk Foods

Household/Misc