

★ WEEKLY MEAL PLAN ★

Shopping List

MONDAY

TUESDAY

WEDNESDAY

Produce

Pantry

Aim for a vegetable or fruit with every meal

Count on leftovers, make a double batch

Try one new recipe every week

Meat

Dairy

THURSDAY

FRIDAY

SATURDAY

Frozen

Bakery

Keep your meal plans and repeat them

Cook and eat together as a family

SUNDAY