



WEEKLY MENU PLAN

MONDAY

Aim for a vegetable or fruit with every meal

TUESDAY

Count on leftovers, make a double batch

WEDNESDAY

Try one new recipe every week

THURSDAY

Keep your meal plans and repeat them

FRIDAY

Have every member of the family pick a recipe

SATURDAY

SUNDAY

Shopping List

Produce

Pantry

Meat

Dairy

Frozen

Bakery