

My Weekly Meal Plan & Shopping List



- **Think about how many meals you'll eat at home this week.** Be realistic. Also think about how long it will be before your next shopping trip.
- **Note the quantity next to fresh items on your list** that you'll need or the number of meals that will include that item.
- **Shop your kitchen first.** See if you already have items on your list.

| MEAL PLAN FOR THE WEEK OF: | | |
|----------------------------|---------|-------------------|
| MONDAY | TUESDAY | WEDNESDAY |
| | | |
| | | |
| | | |
| THURSDAY | FRIDAY | SATURDAY / SUNDAY |
| | | |
| | | |
| | | |

| SHOPPING LIST | | | | | |
|---------------|-------|-------|-------|--------|-------|
| Produce | Dairy | Meats | Bread | Frozen | Other |
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Questions?
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