



Weekly Meal Plan

Week of: _____

Monday	BREAKFAST	LUNCH	DINNER

Tuesday	BREAKFAST	LUNCH	DINNER

Wednesday	BREAKFAST	LUNCH	DINNER

Thursday	BREAKFAST	LUNCH	DINNER

Friday	BREAKFAST	LUNCH	DINNER

Weekend	BREAKFAST	LUNCH	DINNER

Monthly Meal Planner

Month _____

Week 1

MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
LUNCH							
DINNER							
SNACK							

Week 2

MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
LUNCH							
DINNER							
SNACK							

Week 3

MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
LUNCH							
DINNER							
SNACK							

Week 4

MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
LUNCH							
DINNER							
SNACK							



Grocery List

PANTRY

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PRODUCE

_____	<input type="checkbox"/>
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MEAT

_____	<input type="checkbox"/>
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DAIRY

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BAKERY

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HOUSEHOLD

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LUNCH BOX PLANNER

WEEK OF _____

SNACKS FOR THE WEEK	
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	

NOTES:

LUNCHES FOR THE WEEK	
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	

NOTES:



PICK YOUR LUNCH!

PROTEIN

Peanut Butter	Black Beans
Lunch Meat	Meat Kabobs
Hummus	Leftover Meat
Meat Roll-Ups	Grilled Chicken
Seeds	
Hard Boiled Egg	
Tuna	
Chicken Strips	

GRAINS

Bagel	Waffles
Bread	Pancakes
Pita	Pretzels
Rice	English Muffin
Pasta	Cereal
Tortillas	Granola
Flat Bread	
Cereal	
Muffins	

FRUIT & VEGGIES

Apples	Broccoli
Bananas	Carrot Sticks
Peaches	Celery
Raspberries	Cucumber
Blueberries	Pickles
Plums	Grape Tomatoes
Strawberries	Sugar Snap Peas
Watermelon	Green Beans
Grapes	Small Salad

SNACKS

Dried Fruit	Diced Cheese
Fruit Snacks	Crackers
Cheese Sticks	Brownie
Cookies	Raisins
Granola Bar	Trail Mix
Pudding Cup	Yogurt
Jello Cup	
Chips with Salsa	
Popcorn	



Beverages

Appetizers

Main Course

Side Dishes & Salads

Dessert

Notes



FAMILY favorite Meals

Recipe for:

Ingredients:

Directions:

Recipe for:

Ingredients:

Directions:

Recipe for:

Ingredients:

Directions:



FAMILY favorite Meals

Recipe for:

Ingredients:

Directions:

Recipe for:

Ingredients:

Directions:

Recipe for:

Ingredients:

Directions: