

# Monthly Meal Planning Worksheet

Date: \_\_\_\_\_

Grocery List

Week 1

Mon. \_\_\_\_\_  
 Tues. \_\_\_\_\_  
 Wed. \_\_\_\_\_  
 Thurs. \_\_\_\_\_  
 Fri. \_\_\_\_\_  
 Sat. \_\_\_\_\_  
 Sun. \_\_\_\_\_

Week 2

Mon. \_\_\_\_\_  
 Tues. \_\_\_\_\_  
 Wed. \_\_\_\_\_  
 Thurs. \_\_\_\_\_  
 Fri. \_\_\_\_\_  
 Sat. \_\_\_\_\_  
 Sun. \_\_\_\_\_

Week 3

Mon. \_\_\_\_\_  
 Tues. \_\_\_\_\_  
 Wed. \_\_\_\_\_  
 Thurs. \_\_\_\_\_  
 Fri. \_\_\_\_\_  
 Sat. \_\_\_\_\_  
 Sun. \_\_\_\_\_

Week 4

Mon. \_\_\_\_\_  
 Tues. \_\_\_\_\_  
 Wed. \_\_\_\_\_  
 Thurs. \_\_\_\_\_  
 Fri. \_\_\_\_\_  
 Sat. \_\_\_\_\_  
 Sun. \_\_\_\_\_

Produce

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Condiments/Spices

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Meat

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Dairy

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Deli/Bakery

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Frozen

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Canned Goods

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Miscellaneous

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Cereal/Snacks/Drinks

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_