Meal Planning

Monthly Meal Planning Worksheet

Date: _____

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. _____

Grocery List

Produce

Meat

Deli/Bakery

Canned Goods

Cereal/Snacks/Drinks

Condiments/Spices

Dairy

Frozen

Miscellaneous

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