

Weekly Meal Plan

Plan out a week's worth of meals. It's okay to have repeats! Snacks are optional.

Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							
Snacks							

Use this page to write down your grocery list. It should include everything you need for your week's worth of meals. Each item should have its price next to it, and you should have a total at the bottom.