# Meal plan

THE WEEK

WEEK OF

| | BREAKFAST | LUNCH | DINNER |
|---|---|---|---|
| MONDAY | | | |
| TUESDAY | | | |
| WEDNESDAY | | | |
| THURSDAY | | | |
| FRIDAY | | | |
| SATURDAY | | | |
| SUNDAY | | | |



1 inch

# Meal plan

THE GROCERY LIST

WEEK OF

## PRODUCE

## DAIRY AND EGGS

## MEAT AND FISH

## BAKERY

## PANTRY

## FROZEN

## HOUSEHOLD

## OTHER



1 inch