

WEEKLY MEAL PLANNER & GROCERY LIST

Weekly Menu Planner Week Of _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EVENTS	_____ Time: _____	_____ Time: _____	_____ Time: _____	_____ Time: _____	_____ Time: _____	_____ Time: _____	_____ Time: _____
BREAKFAST	_____ Time: _____	_____ Time: _____	_____ Time: _____	_____ Time: _____	_____ Time: _____	_____ Time: _____	_____ Time: _____
SNACK	_____ Time: _____	_____ Time: _____	_____ Time: _____	_____ Time: _____	_____ Time: _____	_____ Time: _____	_____ Time: _____
LUNCH	_____ Time: _____	_____ Time: _____	_____ Time: _____	_____ Time: _____	_____ Time: _____	_____ Time: _____	_____ Time: _____
SNACK	_____ Time: _____	_____ Time: _____	_____ Time: _____	_____ Time: _____	_____ Time: _____	_____ Time: _____	_____ Time: _____
DINNER	_____ Time: _____	_____ Time: _____	_____ Time: _____	_____ Time: _____	_____ Time: _____	_____ Time: _____	_____ Time: _____
SNACK	_____ Time: _____	_____ Time: _____	_____ Time: _____	_____ Time: _____	_____ Time: _____	_____ Time: _____	_____ Time: _____
EXERCISE	_____ Time: _____	_____ Time: _____	_____ Time: _____	_____ Time: _____	_____ Time: _____	_____ Time: _____	_____ Time: _____

Week Of _____

Grocery List

FRUIT

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VEGETABLES

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MEATS/PROTEINS

--

DAIRY

--

GRAINS/STARCHES

--

MISCELLANEOUS

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