



# Weekly Meal Planner

What do I need to use up?

Two horizontal dashed lines for writing notes.

	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



## Shopping List



Fruit

Two horizontal dashed lines for writing items.



Vegetables

Two horizontal dashed lines for writing items.



Dairy

Two horizontal dashed lines for writing items.



Frozen Food

Two horizontal dashed lines for writing items.



Breads & Grains

Two horizontal dashed lines for writing items.



Meats

Two horizontal dashed lines for writing items.



Snacks

Two horizontal dashed lines for writing items.



Drinks

Two horizontal dashed lines for writing items.



Household Items

Two horizontal dashed lines for writing items.