



# WEEKLY MEAL PLAN

Week of: \_\_\_\_\_

SUNDAY

R \_\_\_\_\_

L \_\_\_\_\_

D \_\_\_\_\_

S \_\_\_\_\_

MONDAY

R \_\_\_\_\_

L \_\_\_\_\_

D \_\_\_\_\_

S \_\_\_\_\_

TUESDAY

R \_\_\_\_\_

L \_\_\_\_\_

D \_\_\_\_\_

S \_\_\_\_\_

WEDNESDAY

R \_\_\_\_\_

L \_\_\_\_\_

D \_\_\_\_\_

S \_\_\_\_\_

THURSDAY

R \_\_\_\_\_

L \_\_\_\_\_

D \_\_\_\_\_

S \_\_\_\_\_

FRIDAY

R \_\_\_\_\_

L \_\_\_\_\_

D \_\_\_\_\_

S \_\_\_\_\_

SATURDAY

R \_\_\_\_\_

L \_\_\_\_\_

D \_\_\_\_\_

S \_\_\_\_\_

*Grocery list*

DAIRY

PRODUCE

STARCH

PROTEINS

FROZEN

MISC.

*Daily intake*

	S	M	T	W	T	F	S
Fruit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Veggie	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Protein	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Starch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dairy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>