

MEAL PLAN FOR THE WEEK OF _____

FOODS TO USE UP:

MEALS TO MAKE:

	LUNCH	DINNER	NOTES
MON			
TUES			
WED			
THUR			
FRI			
SAT			
SUN			

PRODUCE	MEAT/SEAFOOD/CHEESE/ BAKERY	GROCERY (FRIDGE/FREEZER)	GROCERY (DRY)