

WEEKLY MEAL PLAN

Prep Smarter • Eat Better • Spend Less

WEEK OF: _____

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DAY	BREAKFAST	LUNCH	DINNER
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

GROCERY LIST

PRODUCE

- _____
- _____
- _____
- _____
- _____
- _____

DAIRY

- _____
- _____
- _____
- _____

MEAT & PROTEIN

- _____
- _____
- _____
- _____

PANTRY

- _____
- _____
- _____
- _____
- _____

FROZEN

- _____
- _____
- _____

OTHER

- _____
- _____
- _____

NOTES

Dinner ideas, reminders, schedule notes...

LEFTOVERS TO USE

Ingredients or meals to finish this week...

PREP AHEAD

Batch cook, chop, marinate on Sunday...
