

what to EAT!

WEEKLY MEAL PLANNING SHEET

WEEK OF _____



• monday •

• tuesday •

• wednesday •

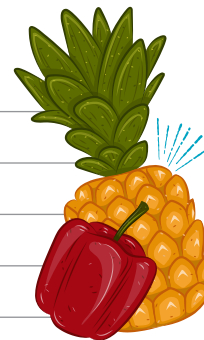
• thursday •

• friday •

• saturday •

• sunday •

• notes •



• market list •

FRESH FRUITS & VEGGIES

MEAT & SEAFOOD

DAIRY

FROZEN

PANTRY STAPLES

BULK FOODS

DELI & BAKERY

VITAMINS & SUPPLEMENTS

BEER, WINE & FLORAL
