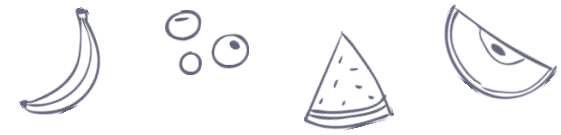




Weekly Meal Plan



| Week _____ | Breakfast | Lunch | Dinner | Snacks: |
|---------------------|-----------|-------|--------|---------|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday/ Sunday | | | | |

Grocery List:

Produce

Frozen

Bread/Cereal/Rice/Pasta

Canned/Condiments

Meat/Deli/Seafood

Baking

Dairy/Eggs

Beverage

Snacks/Household/Miscellaneous

