

# PLAN & GROCERY LIST



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

NOTES

**MONDAY**

Breakfast:

Lunch: Dinner:

Snacks:

**TUESDAY**

Breakfast:

Lunch:

Dinner:

Snacks:

**WEDNESDAY**

Breakfast

Lunch

Dinner

Snacks

**THURSDAY**

Breakfast

Lunch

Dinner

Snacks

**FRIDAY**

Breakfast

Lunch

Dinner

Snacks

**SATURDAY**

Breakfast

Lunch

Dinner

Snacks

**SUNDAY**

Breakfast

Lunch

Dinner

Snacks



GROCERIES:

Produce

Meat/Deli

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Dairy/Cold Items

Canned/Dry  
Goods

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Frozen  
Foods

Baking  
Supplies/Spices

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Household Items

Oils/Condiments

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Other

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_