

# meal plan

WEEK OF: \_\_\_\_\_

## MONDAY

B: \_\_\_\_\_  
L: \_\_\_\_\_  
D: \_\_\_\_\_  
SNACKS: \_\_\_\_\_

## INGREDIENTS ON HAND

• \_\_\_\_\_  
• \_\_\_\_\_  
• \_\_\_\_\_  
• \_\_\_\_\_

## TUESDAY

B: \_\_\_\_\_  
L: \_\_\_\_\_  
D: \_\_\_\_\_  
SNACKS: \_\_\_\_\_

• \_\_\_\_\_  
• \_\_\_\_\_  
• \_\_\_\_\_  
• \_\_\_\_\_

## WEDNESDAY

B: \_\_\_\_\_  
L: \_\_\_\_\_  
D: \_\_\_\_\_  
SNACKS: \_\_\_\_\_

## SHOPPING LIST

BUDGET: \_\_\_\_\_

• \_\_\_\_\_  
• \_\_\_\_\_  
• \_\_\_\_\_

## THURSDAY

B: \_\_\_\_\_  
L: \_\_\_\_\_  
D: \_\_\_\_\_  
SNACKS: \_\_\_\_\_

• \_\_\_\_\_  
• \_\_\_\_\_  
• \_\_\_\_\_  
• \_\_\_\_\_

## FRIDAY

B: \_\_\_\_\_  
L: \_\_\_\_\_  
D: \_\_\_\_\_  
SNACKS: \_\_\_\_\_

• \_\_\_\_\_  
• \_\_\_\_\_  
• \_\_\_\_\_

## SATURDAY

B: \_\_\_\_\_  
L: \_\_\_\_\_  
D: \_\_\_\_\_  
SNACKS: \_\_\_\_\_

## FOOD GOALS

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## SUNDAY

B: \_\_\_\_\_  
L: \_\_\_\_\_  
D: \_\_\_\_\_  
SNACKS: \_\_\_\_\_