

# THIS WEEK

# MEAL PLAN

Day: _____	Day: _____	Day: _____	Day: _____	Day: _____
Meat _____	Meat _____	Meat _____	Meat _____	Meat _____
Meal _____	Meal _____	Meal _____	Meal _____	Meal _____
Sides _____	Sides _____	Sides _____	Sides _____	Sides _____
_____	_____	_____	_____	_____

Day: _____	Day: _____	<b>Breakfast</b>	<b>Lunch</b>	<b>Snacks</b>
Meat _____	Meat _____			
Meal _____	Meal _____			
Sides _____	Sides _____			
_____	_____			

<b>Grocery</b>	<b>Grocery</b>	<b>Meat/Dairy</b>	<b>Produce</b>	<b>Coupons/Notes</b>