

Weekly Meal Plan

Days of the Week	Shopping List	
Sunday	Bakery	
Breakfast _____		
Lunch _____	Deli	
Dinner _____		
Monday	Produce	
Breakfast _____		
Lunch _____		
Dinner _____		
Tuesday	Seafood	
Breakfast _____		
Lunch _____	Meat/Poultry	
Dinner _____		
Wednesday	Dry Goods	
Breakfast _____		
Lunch _____		
Dinner _____		
Thursday		
Breakfast _____		
Lunch _____		
Dinner _____		
Friday	Dairy	
Breakfast _____		
Lunch _____		
Dinner _____		
Saturday	Frozen	
Breakfast _____		
Lunch _____		
Dinner _____		