Weekly meal plan

Week of _____

	Dinner	Prep, leftovers, who cooks
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

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Shopping list

Fruit and vegetables

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Meat and fish

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Dairy and eggs

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Bakery

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Pantry

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Frozen

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Drinks

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Everything else

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

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