

# Weekly Meal Planning

- Shop your kitchen first and see where you can repurpose leftovers.
- Be realistic about how many meals you will eat in.
- Include quantities on your grocery list to avoid buying more than what you need.



Meal Plan for Week of: \_\_\_\_\_

GROCERY LIST

SUN

MON

TUE

WED

THU

FRI

SAT

A vertical column of 14 horizontal blue lines for writing a grocery list, separated from the meal plan by a decorative blue chevron border.

