

Weekly Meal Planner

Week of _____



DAY	BREAKFAST	LUNCH	DINNER	SNACKS
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

PREP AHEAD

USE UP FROM THE FRIDGE

Grocery List

Store: _____ · Budget: \$_____

FRUIT AND VEG

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MEAT AND SEAFOOD

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DAIRY AND EGGS

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BAKERY

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PANTRY

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FROZEN

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HOUSEHOLD AND CLEANING

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OTHER

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