

MY MEAL PLAN

Plan • Cook • Store • Eat Clean

GROCERY LIST

MEALS

Monday

Breakfast:

Lunch: _____

Dinner: _____

Tuesday

Breakfast:

Lunch: _____

Dinner: _____

Wednesday

Breakfast:

Lunch: _____

Dinner: _____

Thursday

Breakfast:

Lunch: _____

Dinner: _____

Friday

Breakfast:

Lunch: _____

Dinner: _____

Saturday

Breakfast:

Lunch: _____

Dinner: _____

Sunday

Breakfast:

Lunch: _____

Dinner: _____



GROCERY LIST

FRUIT & VEGETABLES

- _____
- _____
- _____
- _____
- _____
- _____
- _____

PANTRY

- _____
- _____
- _____
- _____
- _____
- _____
- _____

MEAT & SEAFOOD

- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAIRY

- _____
- _____
- _____
- _____
- _____
- _____
- _____

BAKING & SPICE

- _____
- _____
- _____
- _____
- _____
- _____
- _____

PERSONAL CARE

- _____
- _____
- _____
- _____
- _____
- _____
- _____



GROCERY LIST

FRESH PRODUCE

	_____
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CANNED GOODS

DAIRY

	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
	
<img alt="brown square icon" data-bbox="118 8768 15	

CONDIMENTS

The diagram consists of five horizontal yellow lines of equal length. Each line is preceded by a small, solid brown square of equal width. The squares are positioned to the left of the first line, and the lines are evenly spaced vertically.

OTHERS

OTHERS



Grocery List Planner

MEAT



BAKERY

DAIRY



VEGETABLES



FROZEN



FISH



DRY GOODS



SNACK



DRY GOODS



PRODUCE

