



meal plan + grocery list

One page from plan to shop.

THIS WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

GROCERY LIST

PRODUCE

☐ _____

☐ _____

☐ _____

PROTEIN

☐ _____

☐ _____

☐ _____

PANTRY

☐ _____

☐ _____

☐ _____

DAIRY / FRIDGE

☐ _____

☐ _____

☐ _____

OTHER

☐ _____

☐ _____

☐ _____