

Weekly Meal Planner



Day	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Snack 3
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						

MISC.

- _____
- _____
- _____
- _____
- _____

PRODUCE

- Apples
- Avocados
- Bananas
- Berries
- Broccoli
- Carrots
- Celery
- Cucumbers
- Garlic
- Grapefruit
- Grapes
- Lemons/Limes
- Lettuce
- Melons
- Mushrooms
- Onions
- Oranges
- Peppers
- Potatoes
- Squash/Zucchini
- Tomatoes
- _____
- _____

BREAD / BAKERY

- Bagels
- Bread
- Cake
- Cookies
- Dinner Rolls
- Donuts
- French Bread
- Hamburger Buns
- Hot Dog Buns
- Muffins
- Pastries
- Pie
- Pita Bread
- Tortillas
- _____
- _____

BREAKFAST

- Cold Cereal
- Oatmeal
- Creamed Wheat
- Pancake Mix
- _____
- _____

MEAT

- Bacon
- Beef / Steak
- Chicken
- Deli Meat
- Fish
- Ground Beef
- Ham
- Hot Dogs
- Pork
- Sausage
- Turkey
- _____
- _____

DAIRY / FRIDGE

- Biscuits
- Butter
- Cheese
- Cookie Dough
- Cream Cheese
- Dips
- Eggs
- Half & Half
- Milk
- Sour Cream
- Whip Cream
- Yogurt
- _____
- _____

FROZEN

- Chicken
- Desserts
- Dinners
- Fish
- Fruits
- Ice
- Ice Cream
- Ice Pops
- Juice
- Lasagna
- Pie
- Pizza
- Vegetables
- Waffles
- _____

DRINKS

- Water
- Juice
- Soda
- Sports Drinks
- Coffee
- Tea
- _____
- _____

CANNED

- Applesauce
- Beans
- Chili
- Fruits
- Mushrooms
- Olives
- Soup
- Tomato Sauce
- Tuna
- Vegetables
- _____
- _____
- _____

DRY / BAKING

- Baking Powder
- Baking Soda
- Bread Crumbs
- Brownie Mix
- Cake Mix
- Canned Milk
- Chocolate Chips
- Cocoa
- Cornmeal
- Cornstarch
- Flour
- Food Coloring
- Frosting
- Muffin Mix
- Oatmeal
- Pie Crust
- Shortening
- Sugar (brown)
- Sugar (powder)
- Sugar (white)
- Vanilla
- Yeast
- _____
- _____

PASTA / RICE

- Couscous
- Hamburger Helper
- Lasagna
- Mac & Cheese
- Macaroni
- Noodle Mixes
- Ramen
- Rice (brown)
- Rice (white)
- Rice Mixes
- Spaghetti
- _____
- _____

SAUCES / OILS

- Vegetable Oil
- Soy Sauce
- Olive Oil
- Vinegar
- BBQ Sauce
- Hot Sauce
- Spaghetti Sauce
- Syrup
- _____

CONDIMENTS

- Croutons
- Honey
- Jam / Jelly
- Ketchup
- Mayonnaise
- Mustard
- Peanut Butter
- Pickles
- Salad Dressing
- Salsa
- _____
- _____

SPICES

- Salt
- Pepper
- Cinnamon
- _____
- _____

SNACKS

- Candy
- Cookies
- Crackers
- Dip / Salsa
- Dried Fruits
- Fruit Snacks
- Graham Crackers
- Granola Bars
- Nuts / Seeds
- Popcorn
- Potato Chips
- Pretzels
- Pudding
- Raisins
- Tortilla Chips
- _____

BABY

- Baby Food
- Diapers
- Formula
- Rash Cream
- Wipes
- _____

PERSONAL

- Conditioner
- Cotton Products
- Deodorant
- Feminine
- Floss
- Hair Spray
- Lip Balm
- Lotion
- Makeup
- Mouthwash
- Pain Relievers
- Razor Blades
- Shampoo
- Shaving Cream
- Soap
- Sunscreen
- Toothbrush
- Toothpaste
- _____

PAPER / PLASTIC

- Aluminum Foil
- Bags
- Coffee Filters
- Cups
- Garbage Bags
- Napkins
- Paper Towels
- Plastic Wrap
- Plates
- Tissues
- Toilet Paper
- Utensils
- Wax Paper
- _____

HOUSEHOLD

- Batteries
- Charcoal
- Detergent
- Fabric Softener

Adult Beverages

- Wine
- Beer
- Spirits