



Weekly Meal Plan

Week Of: _____

Meatless Monday

Main Course: _____
Vegetable: _____
Carb: _____
Notes: _____

Tasty Tuesday

Main Course: _____
Vegetable: _____
Carb: _____
Notes: _____

Waist Less Wednesday

Main Course: _____
Vegetable: _____
Carb: _____
Notes: _____

Tempt Me Thursday

Main Course: _____
Vegetable: _____
Carb: _____
Notes: _____

Flavor Friday

Main Course: _____
Vegetable: _____
Carb: _____
Notes: _____

Simple Saturday

Main Course: _____
Vegetable: _____
Carb: _____
Notes: _____

Savory Sunday

Main Course: _____
Vegetable: _____
Carb: _____
Notes: _____

Dinner Planner Weekly Shopping List

Week Of: _____



Meat/Fish/Seafood

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



Fresh Vegetables

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



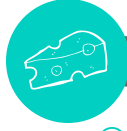
Frozen Vegetables

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



Fruit

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



Cheese/Dairy

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



Soups/Sauces

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



Canned Goods

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



Rice/Noodles

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



Wine & Spirits

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



Miscellaneous

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



Notes

- _____
- _____
- _____
- _____

Dollar Amount Spent this Week: _____