

Family Meal Planner

Week of: _____

Calendar: <small>Cook or Leftovers</small>							
MENU	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dinner Entrée							
Side							
Side							
Dessert (optional)							
Thaw <small>To use the next day</small>							



SHOPPING LIST FOR THE WEEK

Week of: _____

<u>Deli:</u>	<u>Produce:</u>	<u>Dry Goods:</u>	<u>Dairy:</u>	<u>Frozen:</u>	<u>Meat:</u>	<u>Breads:</u>	<u>Household:</u>