

Meal Planning 101

Date: Sunday, _____ -
Saturday, _____

Weekly Food & Drink Budget
\$

My Family's Favorite Ingredients

What I already have (check the freezer too)

Breakfast

Lunch

Dinner

T H I S

W E E K ' S

M E A L S

Breakfast

Lunch

Dinner

I G R

E D I E

N T S

Shopping Plan

Date/Time:

Store:

Grocery List

Tips

Don't forget to buy some snacks.

Only buy what you need--you can always buy more later.

My own tips: