

Weekly Menu Planner

For the Week of: _____

Day		Planned meal	Grocery list
Monday	Breakfast		
	Lunch		
	Dinner		
	Snack/extras		
Tuesday	Breakfast		
	Lunch		
	Dinner		
	Snack/extras		
Wednesday	Breakfast		
	Lunch		
	Dinner		
	Snack/extras		
Thursday	Breakfast		
	Lunch		
	Dinner		
	Snack/extras		
Friday	Breakfast		
	Lunch		
	Dinner		
	Snack/extras		
Saturday	Breakfast		
	Lunch		
	Dinner		
	Snack/extras		
Sunday	Breakfast		
	Lunch		
	Dinner		
	Snack/extras		
	Extra cooking/ baking		