Family Meal Plan

Meals

DAY	MENU
SUNDAY	
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	

WEEK OF:_____

Shopping List

PRODUCE

_____
_____
_____
_____
_____
_____

MEAT

_____
_____
_____
_____
_____
_____

DELI/BAKERY

_____
_____
_____
_____
_____
_____

CONDIMENTS

_____
_____
_____
_____
_____
_____

CANNED GOODS

_____
_____
_____
_____
_____
_____

FROZEN

_____
_____
_____
_____
_____
_____

CEREAL/SNACK/DRINKS

_____
_____
_____
_____
_____

DAIRY

_____
_____
_____
_____
_____

MISC.

_____
_____
_____
_____
_____

WEEKLY SHOPPING BUDGET: $_____
ACTUAL SHOPPING BILL: $_____

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