free printable MONTHLY & WEEKLY MEAL PLANNER

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WEEKLY MENU PLAN

WEEK OF _____

SUNDAY
B
L
D

MONDAY
B
L
D

TUESDAY
B
L
D

WEDNESDAY
B
L
D

THURSDAY
B
L
D

FRIDAY
B
L
D

SATURDAY
B
L
D

GROCERY LIST

DAIRY	PRODUCE
GRAINS	MEATS
FROZEN	MISC.

DAILY SERVINGS

		S	M	T	W	T	F	S
Fruit	2 cups	☐	☐	☐	☐	☐	☐	☐
Veggies	2 cups	☐	☐	☐	☐	☐	☐	☐
Protein	5 oz	☐	☐	☐	☐	☐	☐	☐
Grains	6 oz	☐	☐	☐	☐	☐	☐	☐
Milk	3 cups	☐	☐	☐	☐	☐	☐	☐
Water	8 glasses	☐	☐	☐	☐	☐	☐	☐

MONTHLY MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B	B	B	B	B	B	B
L	L	L	L	L	L	L
D	D	D	D	D	D	D
B	B	B	B	B	B	B
L	L	L	L	L	L	L
D	D	D	D	D	D	D
B	B	B	B	B	B	B
L	L	L	L	L	L	L
D	D	D	D	D	D	D
B	B	B	B	B	B	B
L	L	L	L	L	L	L
D	D	D	D	D	D	D
B	B	B	B	B	B	B
L	L	L	L	L	L	L
D	D	D	D	D	D	D