Weekly Diet Planner

WEEKLY MEAL PLAN

WEEK OF:

	BREAKFAST	LUNCH	DINNER	SNACKS
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				

GROCERY LIST

MEAT	PRODUCE

DRY GOODS	REFRIGERATED

HOUSEHOLD

DELI/BAKERY

RECIPE BOOK

RECIPE FOR

PERFECT FOR SERVING WITH:

DATE: FROM:

PREP TIME: SERVINGS:

NUTRITIONAL INFO (CALORIES, FAT, SODIUM):

INGREDIENTS

MAIN DISHES		

HARD TO FIND INGREDIENTS:

DIRECTIONS

NOTES (FREEZING, REHEATING, ETC.)

○ EXCELLENT ○ GOOD ○ FAIR ○ NEVER AGAIN