

WEEKLY Menu Plan

Week of _____

Shopping List

Monday

B _____

L _____

D _____

Tuesday

B _____

L _____

D _____

Wednesday

B _____

L _____

D _____

Thursday

B _____

L _____

D _____

Friday

B _____

L _____

D _____

Saturday

B _____

L _____

D _____

Sunday

B _____

L _____

D _____

Notes