

Weekly meal planner

Week of _____

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	LUNCH	DINNER	SNACK / NOTES
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

GROCERY LIST

	LUNCH	DINNER	SNACK / NOTES
Monday	Turkey and cheddar wrap	Sheet-pan chicken thighs, potatoes, broccoli	Apple slices
Tuesday	Leftover chicken on salad	Spaghetti with meat sauce (double batch)	Yogurt
Wednesday	Spaghetti leftovers	Tacos with ground beef and slaw	Cheese and crackers
Thursday	Chicken noodle soup	Salmon, rice, green beans	Carrots and hummus
Friday	Grilled cheese and tomato soup	Homemade pizza night	Popcorn
Saturday	BLT sandwiches	Slow-cooker chili, cornbread	Banana bread
Sunday	Chili leftovers	Breakfast for dinner: eggs, pancakes, fruit	Smoothie

GROCERY LIST

Chicken thighs, ground beef, salmon

Potatoes, broccoli, green beans

Spaghetti, rice, tortillas

Cheddar, yogurt, eggs

Canned tomatoes, kidney beans

Pizza dough, mozzarella

Bacon, lettuce, tomatoes

Pancake mix, maple syrup

Apples, bananas