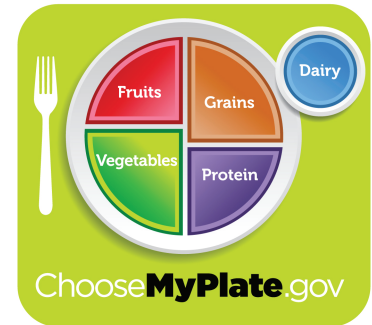


WEEKLY MENU PLANNER

**PLANNING
TIPS:**

1. Check what foods you have on hand and what is on sale that week at the store.
2. Remember that ChooseMyPlate is a guideline for a well-balanced diet for each day.
3. Consider your schedule for the week.
4. Make plans for your leftovers.
5. New to meal planning? Consider just making a dinner or lunch menu.



Week of _____

BREAKFAST

LUNCH

DINNER

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

GROCERY LIST

PRODUCE

CANNED GOODS

CONDIMENTS

FOR THE HOME

MEAT/PROTEIN DELI

SHELF STABLE

BREADS & BAKERY

PAPER/PLASTIC

DAIRY

BAKING/SPICES

TOILETRIES

FROZEN FOODS

OTHER
