

# 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

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## CANNED GOODS

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## CONDIMENTS

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## FOR THE HOME

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## MEAT/PROTEIN DELI

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## SHELF STABLE DELI

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## BREADS & BAKERY

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## PAPER/PLASTIC

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## DAIRY

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## BAKING/SPICES

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## TOILETRIES

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## FROZEN FOODS

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## OTHER

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