

Weekly Meal Plan

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Eating Goals:		Items to Use Up:					
Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							
Snacks/ Desserts							

Grocery List

Produce

Dry Goods

Cold

Common Supply Check:

Produce: Fruit, Garlic, Onion, Potatoes

Cold: Butter, Cheese, Eggs, Milk, Yogurt

Cans and Jars: Peanut Butter, Jelly, ketchup, mustard

Baking: Flour, Sugar, Chocolate Chips

Snacks: Crackers, Popcorn, Chips

Bakery: Bread

Pasta and Rice

Breakfast: Cereal, Oatmeal, Syrup, Honey

Paper Products: Foil, Trash Bags, parchment, ziplock, paper towels

Cleaning: dish soap, dishwasher detergent, laundry soap