

MEAL PLAN

MONDAY

PREP

BREAKFAST

LUNCH

DINNER

SNACK

TUESDAY

BREAKFAST

LUNCH

DINNER

SNACK

WEDNESDAY

BREAKFAST

LUNCH

DINNER

SNACK

THURSDAY

BREAKFAST

LUNCH

DINNER

SNACK

FRIDAY

BREAKFAST

LUNCH

DINNER

SNACK

GROCERY LIST

PRODUCE

MEAT + SEAFOOD

FREEZER

DAIRY + EGG

OTHER