MENU PLANNING worksheet





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
LUNCH							
DINNER							
SNACKS							

GROCERY LIST





PRODUCE	MEAT/ SEAFOOD	DAIRY	FROZEN	CANNED/ DRY	BAKING/ SPICES
DELI	BAKERY	CONDIMENTS	BEVERAGES	HOUSEHOLD	OTHER
522.					O