

**Weekly Meal Plan**

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Thursday

Tuesday

Monday

**Plan your dinners** for the week. Start with recipes that you like and find easy to make. Favorite themes, like pizza night, Mexican, rotisserie chicken, or stir fry night can save time. If you want to branch out, add one new recipe at a time. It’s okay to begin with planning 2 or 3 nights a week. Before beginning, be sure to consider evening commitments for the week.

Wednesday

Sunday

Saturday

Friday

Produce

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Dairy

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Beverages

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Pantry Items

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Cleaning/Misc.

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Protein

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Frozen Items

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