

Monthly Meal Planner



Month of:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Grocery:

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|--------|----------|--------|
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Baked Goods & Snacks to Prepare:

Week 1:

Week 2:

Week 3:

Week 4:

Monthly Meal Planner



Month of: _____

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Grocery:

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|--------|----------|--------|
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2 Week Meal Planner



Date:

Monday Tuesday Wednesday Thursday Friday Saturday Sunday Notes:

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Notes: |
|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|--------|
| Today's Activities: | Today's Activities: | Today's Activities: | Today's Activities: | Today's Activities: | Today's Activities: | Today's Activities: | |
| Meal Plan: | Meal Plan: | Meal Plan: | Meal Plan: | Meal Plan: | Meal Plan: | Meal Plan: | |

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Notes: |
|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|--------|
| Today's Activities: | Today's Activities: | Today's Activities: | Today's Activities: | Today's Activities: | Today's Activities: | Today's Activities: | |
| Meal Plan: | Meal Plan: | Meal Plan: | Meal Plan: | Meal Plan: | Meal Plan: | Meal Plan: | |

Monthly Meal Planner



Month of: _____

Monday Tuesday Wednesday Thursday Friday Saturday Sunday Notes:

| | | | | | | |
|----|----|----|----|----|----|----|
| B: | B: | B: | B: | B: | B: | B: |
| L: | L: | L: | L: | L: | L: | L: |
| D: | D: | D: | D: | D: | D: | D: |
| B: | B: | B: | B: | B: | B: | B: |
| L: | L: | L: | L: | L: | L: | L: |
| D: | D: | D: | D: | D: | D: | D: |
| B: | B: | B: | B: | B: | B: | B: |
| L: | L: | L: | L: | L: | L: | L: |
| D: | D: | D: | D: | D: | D: | D: |
| B: | B: | B: | B: | B: | B: | B: |
| L: | L: | L: | L: | L: | L: | L: |
| D: | D: | D: | D: | D: | D: | D: |

Our Favorite Family Meals



Breakfast

Recipe: _____
Possible Sides or Desert: _____
Recipe Location: _____

Recipe: _____
Possible Sides or Desert: _____
Recipe Location: _____

Recipe: _____
Possible Sides or Desert: _____
Recipe Location: _____

Recipe: _____
Possible Sides or Desert: _____
Recipe Location: _____

Recipe: _____
Possible Sides or Desert: _____
Recipe Location: _____

Recipe: _____
Possible Sides or Desert: _____
Recipe Location: _____

Recipe: _____
Possible Sides or Desert: _____
Recipe Location: _____

Recipe: _____
Possible Sides or Desert: _____
Recipe Location: _____

Our Favorite Family Meals



Breakfast

Recipe: _____
Possible Sides or Desert: _____
Recipe Location: _____

Recipe: _____
Possible Sides or Desert: _____
Recipe Location: _____

Recipe: _____
Possible Sides or Desert: _____
Recipe Location: _____

Recipe: _____
Possible Sides or Desert: _____
Recipe Location: _____

Recipe: _____
Possible Sides or Desert: _____
Recipe Location: _____

Recipe: _____
Possible Sides or Desert: _____
Recipe Location: _____

Recipe: _____
Possible Sides or Desert: _____
Recipe Location: _____

Recipe: _____
Possible Sides or Desert: _____
Recipe Location: _____

Our Favorite Family Meals



Lunch

Recipe: _____
Possible Sides or Desert: _____
Recipe Location: _____

Recipe: _____
Possible Sides or Desert: _____
Recipe Location: _____

Recipe: _____
Possible Sides or Desert: _____
Recipe Location: _____

Recipe: _____
Possible Sides or Desert: _____
Recipe Location: _____

Recipe: _____
Possible Sides or Desert: _____
Recipe Location: _____

Recipe: _____
Possible Sides or Desert: _____
Recipe Location: _____

Recipe: _____
Possible Sides or Desert: _____
Recipe Location: _____

Recipe: _____
Possible Sides or Desert: _____
Recipe Location: _____

Our Favorite Family Meals



Lunch

Recipe: _____
Possible Sides or Desert: _____
Recipe Location: _____

Recipe: _____
Possible Sides or Desert: _____
Recipe Location: _____

Recipe: _____
Possible Sides or Desert: _____
Recipe Location: _____

Recipe: _____
Possible Sides or Desert: _____
Recipe Location: _____

Recipe: _____
Possible Sides or Desert: _____
Recipe Location: _____

Recipe: _____
Possible Sides or Desert: _____
Recipe Location: _____

Recipe: _____
Possible Sides or Desert: _____
Recipe Location: _____

Recipe: _____
Possible Sides or Desert: _____
Recipe Location: _____

Our Favorite Family Meals



Dinner

Recipe: _____

Possible Sides or Desert: _____

Recipe Location: _____

Recipe: _____

Possible Sides or Desert: _____

Recipe Location: _____

Recipe: _____

Possible Sides or Desert: _____

Recipe Location: _____

Recipe: _____

Possible Sides or Desert: _____

Recipe Location: _____

Recipe: _____

Possible Sides or Desert: _____

Recipe Location: _____

Recipe: _____

Possible Sides or Desert: _____

Recipe Location: _____

Recipe: _____

Possible Sides or Desert: _____

Recipe Location: _____

Recipe: _____

Possible Sides or Desert: _____

Recipe Location: _____

Our Favorite Family Meals



Dinner

Recipe: _____

Possible Sides or Desert: _____

Recipe Location: _____

Recipe: _____

Possible Sides or Desert: _____

Recipe Location: _____

Recipe: _____

Possible Sides or Desert: _____

Recipe Location: _____

Recipe: _____

Possible Sides or Desert: _____

Recipe Location: _____

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Possible Sides or Desert: _____

Recipe Location: _____

Recipe: _____

Possible Sides or Desert: _____

Recipe Location: _____

Recipe: _____

Possible Sides or Desert: _____

Recipe Location: _____

Recipe: _____

Possible Sides or Desert: _____

Recipe Location: _____

Monthly Menu **Shopping List** Continued...

| Item | Store | Item | Store | Item | Store |
|------|-------|------|-------|------|-------|
|------|-------|------|-------|------|-------|

Pantry

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Beverages

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Monthly Menu Shopping List

Continued

| Item | Store | Item | Store | Item | Store |
|------|-------|------|-------|------|-------|
|------|-------|------|-------|------|-------|

Paper Products

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|--|--|--|--|--|--|
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Personal Care

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Cleaning Supplies

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