

Weekly Meal Plan

Week of: _____

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Ingredients	• _____	• _____	• _____	• _____
	• _____	• _____	• _____	• _____
On	• _____	• _____	• _____	• _____
	• _____	• _____	• _____	• _____
Hand	• _____	• _____	• _____	• _____



Grocery Budget



Week of: _____

Produce				
Item	Qty	Budget	Actual	☒

Dairy				
Item	Qty	Budget	Actual	☒

Meat				
Item	Qty	Budget	Actual	☒

Pantry				
Item	Qty	Budget	Actual	☒

Frozen				
Item	Qty	Budget	Actual	☒

Snacks/Beverages				
Item	Qty	Budget	Actual	☒

Weekly Budget Summary	
Budget Total	
Actual Total	
Difference	

Notes