**MEAL PLANNING NAME:**

What will you eat?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Breakfast** | **Lunch** | **Dinner** | **Snacks** |
| **Monday** |  |  |  |  |
| **Tuesday** |  |  |  |  |
| **Wednesday** |  |  |  |  |
| **Thursday** |  |  |  |  |
| **Friday** |  |  |  |  |
| **Saturday** |  |  |  |  |
| **Sunday** |  |  |  |  |

Now turn your meal plan into a grocery list. Remember that often when you are cooking, you need multiple ingredients per meal, as well as things like oil/ butter, salt, pepper, etc.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Type of grocery item** | **Item** | **Quantit y** | **Cost per item** | **Total cost** |
| Produce |  |  |  |  |
| Dairy |  |  |  |  |
| Bakery |  |  |  |  |
| Meat/Seafood/Substitutes |  |  |  |  |
| Deli |  |  |  |  |
| Frozen |  |  |  |  |
| Canned/ packaged  |  |  |  |  |