



My Weekly Meal Plan & Shopping List

| | B | L | D | QTY | ITEM | Q | COST |
|-----------|---|---|---|-----|------|---|------|
| monday | | | | | | | \$ |
| | | | | | | | \$ |
| | | | | | | | \$ |
| tuesday | | | | | | | \$ |
| | | | | | | | \$ |
| | | | | | | | \$ |
| wednesday | | | | | | | \$ |
| | | | | | | | \$ |
| | | | | | | | \$ |
| thursday | | | | | | | \$ |
| | | | | | | | \$ |
| | | | | | | | \$ |
| friday | | | | | | | \$ |
| | | | | | | | \$ |
| | | | | | | | \$ |
| saturday | | | | | | | \$ |
| | | | | | | | \$ |
| | | | | | | | \$ |
| sunday | | | | | | | \$ |
| | | | | | | | \$ |
| | | | | | | | \$ |