

# MEAL PLANNING GUIDE

Week:

Planning your meals ahead of time can help you save money and calories. It can also make your week more manageable! Use this tool to plan nutritious meals and create grocery shopping lists.

Meal one
Meal two
Meal three
Meal four
Meal five

GROCERIES	
Produce	
Meat & Fish	
Dairy	
Frozen	
Cupboard	
Household	
Other	