WEEKLY MEAL PLAN

This weeks cooking plan

Monday

Thrusday

Friday

Tuesday

Saturday

Wednesday

Sunday

diythought.com

SHOPPING LIST

Tick	ltems List	Quantities

Notes : _____

SHOPPING LIST

WHAT'S COOKING	FRUIT	VEGETABLES
<u> </u>		
\bigcirc		
<u> </u>		
MEAT	FRIDGE/ DELI	BAKERY
FROZEN	PANTRY	HEALTH/ BODY
<u></u>		
Others		

digthought.com

SHOPPING LIST

Grocery	Fruit & Vegetable	Meat

diythought.com