Weekly MEAL PLAN WORKSHEET

Week of:

INSTRUCTIONS

1. Jot down your menus for the week; place location of recipe in shaded box
2. Place ALL ingredients needed on the master ingredient list and add other items needed for the week.
3. Check to see if you have the items on the master ingredient list on hand. If so, mark through the item.
4. Move remaining items to shopping list on back under correct categories.
5. Take your list to the commissary for a time-saving shopping experience.
6. Fold at dotted line and post weekly menu on refrigerator.

Master Ingredient List

fold

Menu

	Breakfast	Lunch	Dinner	Snacks/Dessert
SUN				
MON				
TUE				
WED				
THU				
FRI				
SAT				

MASTER SHOPPING LIST

Produce

Aisles

Meat

Deli/Bakery

Dairy

Frozen

Household