

**MEAL PLAN OF THE WEEK**

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|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Foods or Ingredients I Already Have to Use This Week** |  |  | **Breakfast** | **Lunch** | **Dinner** |
|  |
|  |  | **Mon.** |  |  |  |
|  | **Tues.** |  |  |  |
|  | **Wed.** |  |  |  |
|  | **Thur.** |  |  |  |
| **Snack Ideas** |  | **Fri.** |  |  |  |
|  |  |
|  | **Sat.** |  |  |  |
|  | **Sun.** |  |  |  |

**Did you remember to add a fruit and/or vegetable?**

**Aim to include at least ½ - 1 cup of vegetables with most meals and snacks every day**

**Aim to include at least ½ cup of fruit with most meals and snacks every day**

 **Meal Planning with Confidence**

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**General grocery (broth, canned goods, dried goods, nuts, etc.)**

**Produce (vegetables, fruits, herbs)**

**Fresh poultry, meat, and fish**

**Eggs and dairy**

**Frozen items**

**Bakery Items**

**Oil, vinegar, condiments, spices, baking items**

**Non-food items (cleaning supplies, personal care)**

**Others (pet food, etc.)**

 **GROCERY LIST**