

MEAL PLAN OF THE WEEK



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



COLORADO STATE UNIVERSITY
EXTENSION

GROCERY LIST

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.)