

My Weekly Meal Plan

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							
Snacks							

Grocery List

Meat/Protein:

Produce:

Dairy:

Frozen:

Canned Goods/Dry:

Misc:

Meals to prep in advance:

A few reminders:

- 1. Don't overthink it!**
- 2. Make enough to have leftovers the next day.**
- 3. Use your crockpot or instant pot**
- 4. Laminate the above sheet and place it on your refrigerator so you can reuse it each week!**
- 5. Download the grocery store apps you shop at to save money.**
- 6. Keep it simple:)**

Good luck, mama!