Weekly Meal Planner

Week of:

Monday

Main Course ____________________
Side Dish ____________________
Vegetable ____________________
Other ____________________

Tuesday

Main Course ____________________
Side Dish ____________________
Vegetable ____________________
Other ____________________

Wednesday

Main Course ____________________
Side Dish ____________________
Vegetable ____________________
Other ____________________

Thursday

Main Course ____________________
Side Dish ____________________
Vegetable ____________________
Other ____________________

Friday

Main Course ____________________
Side Dish ____________________
Vegetable ____________________
Other ____________________

Saturday

Main Course ____________________
Side Dish ____________________
Vegetable ____________________
Other ____________________

Sunday

Main Course ____________________
Side Dish ____________________
Vegetable ____________________
Other ____________________

Meal ideas for next week

Grocery List

Courtesy of www.3boysandadog.com