

MENU PLAN

Monday

Main Course _____
Side Dish _____
Vegetable _____
Other _____

Tuesday

Main Course _____
Side Dish _____
Vegetable _____
Other _____

Grocery List



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

