



Weekly Menu Plan

Main Dish Theme	Dinner Name	Protein	Grain	Veg/Fruit	Dairy
Breakfast					
Pasta					
Rice					
Meat & Potato					
Mexican					
Sandwich					
Soup					



Weekly Menu Plan

Day	Dinner Name	Side Dish	Side Dish	Side Dish
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				



Grocery List

Store Name _____

Item	Estimated Cost

Item	Estimated Cost

Item	Estimated Cost