

WEEKLY MEAL PLAN AND SHOPPING LIST

Week of: _____

Menu	Shopping List
<u>MONDAY:</u> Sources: <hr/>	<input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/>
<u>TUESDAY:</u> Sources: <hr/>	<input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/>
<u>WEDNESDAY:</u> Sources: <hr/>	<input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/>
<u>THURSDAY:</u> Sources: <hr/>	<input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/>
<u>FRIDAY:</u> Sources: <hr/>	<input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/>
<u>SATURDAY:</u> Sources: <hr/>	<input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/>
<u>SUNDAY:</u> Sources: <hr/>	<input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/>