

# healthy eating

## *weekly meal planner*

week of \_\_\_\_\_

	<i>breakfast</i>	<i>lunch</i>	<i>dinner</i>	<i>snacks</i>
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

# oh! What to Eat?

*weekly meal planner*

week of \_\_\_\_\_

Monday		<i>Shopping List</i> _____
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

# recipes to try

*name*

*source*

*description*


# grocery *shopping list*

*produce*

*dairy*

*meats*


*fruit & vegetables*

*dry goods*

*miscellaneous*


# monthly menu

month of \_\_\_\_\_

*monday* *tuesday* *wednesday* *thursday* *friday* *saturday* *sunday*
