wellstockd.

FREE KITCHEN REFERENCE

Weekly meal planner

Week of _____

	BREAKFAST	LUNCH	DINNER
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

GROCERY LIST

PRODUCE

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

MEAT AND SEAFOOD

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

DAIRY AND EGGS

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

PANTRY

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

FROZEN

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

OTHER

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

NOTES