Weekly Family Meal Planner & Categorized Grocery List

FREE 2-PAGE 300 DPI PRINTABLE PDF

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
Snack							
Prep							
Lunch							

Leftovers

Prep ahead

Treat meal

Water

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Grocery list

- ◇ Tomatoes
- ◇ Walnuts
- ◇ Salmon
- ◇ Lentils
- ◇ Tuna
- ◇ Avocado
- ◇ Oats
- ◇ Chicken thighs
- ◇ Greek yoghurt
- ◇ Sweet potato
- ◇ Miso
- ◇ Ginger
- ◇ Apples
- ◇ Quinoa
- ◇ Cucumber
- ◇ Eggs
- ◇ Turmeric
- ◇ Kimchi
- ◇ Beans
- ◇ Pumpkin seeds

Produce

Bakery

Household

Frozen