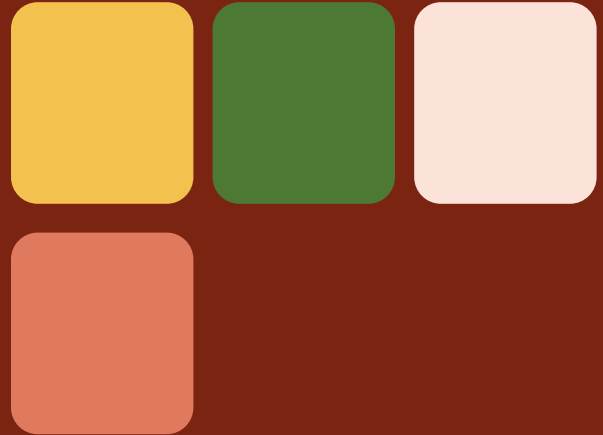




Weekly Meal Plan Workbook

A week of meals, on paper

General educational information, not nutrition advice.

Food storage: follow package directions and [FoodSafety.gov](https://www.foodsafety.gov).

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Meal plan grid

Dinners first. Leave a night for leftovers.

Day	Breakfast	Lunch	Dinner	Use first
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				
Backup pantry meal for busy nights				

Pantry inventory

Check before you shop.

Staple	Have	Low	Out
Rice	☐	☐	☐
Pasta	☐	☐	☐
Oats	☐	☐	☐
Canned tomatoes	☐	☐	☐
Canned beans	☐	☐	☐
Canned tuna	☐	☐	☐
Broth	☐	☐	☐
Flour	☐	☐	☐
Oil	☐	☐	☐
Onions and garlic	☐	☐	☐
Potatoes	☐	☐	☐
Frozen vegetables	☐	☐	☐
	☐	☐	☐
	☐	☐	☐

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From the plan, by store section.

[illegible]

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What needs eating this week, and the meal it goes into.

[illegible]

One week. What got tossed, and why.

[illegible]

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