

FAMILY WEEKLY MEAL PREP

Week Of: _____

TASK / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
PREP & CHOP	Assign:	Assign:	Assign:	Assign:	Assign:	Assign:
MAIN COOK	Assign:	Assign:	Assign:	Assign:	Assign:	Assign:
TABLE SET	Assign:	Assign:	Assign:	Assign:	Assign:	Assign:
CLEAN UP	Assign:	Assign:	Assign:	Assign:	Assign:	Assign:

Weekly Menu Plan
Grocery Needs / Reminders