

# WEEKLY MEAL PLAN

Week Of: \_\_\_\_\_ Budget Goal: \$ \_\_\_\_\_

DAY	BREAKFAST	LUNCH	DINNER
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**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

**SUN**

**GROCERY SHOPPING LIST**

**BUDGET TRACKER**

Produce \$  
Proteins \$  
Grains/Dairy \$  
Pantry/Misc \$

**TOTAL SPENT \$**

*Difference (+/-) \$*