

Weekly Meal Plan

WEEK OF _____

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

This worksheet can be used for both meals you prepare yourself, or meals prepared for you, like at the dining hall or take out. This is intended to help you be prepared so you have a well-rounded diet and aren't missing meals.



Grocery List



STUDENT WELLBEING
SERVICES

Fresh Produce

Deli/Meat/Protein

[illegible]

Bread/Bakery

[illegible]

Dairy/Refrigerated

□
□
□
□
□
□
□
□
□

Frozen Foods

[illegible]

Dry/Canned Goods

[illegible]

Spices/Baking

Bulk Foods

Household/Misc
