MINTQUIET

My weekly meal plan

Write the meals you want to cook. Leave room for leftovers and eating out.

Week of: _____

	BREAKFAST	LUNCH	DINNER
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

NOTES / USE UP FIRST

MINTQUIET

My grocery list

Check your kitchen first, then write what you need by aisle. Tick items as you shop.

Week of: _____

PRODUCE

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

MEAT & FISH

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

DAIRY & EGGS

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

BAKERY

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

PANTRY

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

FROZEN

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

OTHER

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

ALREADY AT HOME / NOTES

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____