

Name: _____

Dinner Menu Plan

Week of: _____ - _____

<i>Day</i>	<i>Time home</i>	<i>Dinner Time</i>	<i>Prep/Cook Time?</i>	<u>Notes</u>	<u>Menu</u> (Balanced Meal: Protein/Veggie/Carb)
1					
# of people:					
special activities:					
2					
# of people:					
special activities:					
3					
# of people:					
special activities:					
4					
# of people:					
special activities:					
5					
# of people:					
special activities:					
6					
# of people:					
special activities:					
7					
# of people:					
special activities:					

Shopping List

<u>Grocery Staples (Circle needs or write in items)</u>		<u>Ingredients for Weekly Meal Plan</u>
<u>Refrigerated Section</u>		
Milk		
Eggs		
Half and Half		
Orange Juice		
Butter		
<u>Frozen Section</u>		
Veggies		
Ice Cream		
<u>Produce</u>		
Fruit		
Veggies		
<u>Household Needs</u>		
Dishwashing Liquid		
Dishwasher Liquid		
Laundry detergent Fabric Softener		
Kitchen Towels Napkins		
All Purpose Cleaner		