

SAVE THE FOOD

MEAL PLAN TEMPLATE

DAY	MENU
MONDAY	BREAKFAST: LUNCH: DINNER:
TUESDAY	BREAKFAST: LUNCH: DINNER:
WEDNESDAY	BREAKFAST: LUNCH: DINNER:
THURSDAY	BREAKFAST: LUNCH: DINNER:
FRIDAY	BREAKFAST: LUNCH: DINNER:
SATURDAY	BREAKFAST: LUNCH: DINNER:
SUNDAY	BREAKFAST: LUNCH: DINNER:

BE THE CHANGE: SAVETHEFOOD.NET

SAVE THE FOOD

GROCERY LIST TEMPLATE

DAY	QTY.	TYPE
MEAT		
PRODUCE		
BULK		
DELI/BAKERY		
FROZEN		
CANNED GOODS		
STAPLE GOODS		

