

Menu Plan # _____
 (Copy and use again!)

Three Week Menu Plan

Week 1 Starting / /	Menu (Recipe, Cookbook & Page #)	Week 2 Starting / /	Menu (Recipe, Cookbook & Page #)	Week 3 Starting / /	Menu (Recipe, Cookbook & Page #)
Monday		Monday		Monday	
Tuesday		Tuesday		Tuesday	
Wednesday		Wednesday		Wednesday	
Thursday		Thursday		Thursday	
Friday		Friday		Friday	
Saturday		Saturday		Saturday	
Sunday		Sunday		Sunday	

Grocery List for Menu Plan # _____ (Copy and use again!)

Bakery	Baking goods/spices	Beverages	Canned fruits/meats/veggies	Condiments/Other
Dairy/Deli	Fresh fruit/veggies	Frozen foods/veggies	Meat/Fish/Seafood	Prepackaged Items
Treats	Household Goods	Personal Care	Other:	Other: