

Weekly Meal Plan

Season: _____

Monday: _____

Breakfast /

Lunch /

Dinner /

Saturday: _____

Breakfast /

Lunch /

Dinner /

Tuesday: _____

Breakfast /

Lunch /

Dinner /

Sunday: _____

Breakfast /

Lunch /

Dinner /

Wednesday: _____

Breakfast /

Lunch /

Dinner /

Themes:

- Soup, Salad/
Sandwich
- Plant Centered
- Crockpot/ Instant pot
- Quick Fix/ 30
minutes or Less
- Comfort Food
- Fun Family Meal
- Special Family Meal
- Kids plan a meal night

Thursday: _____

Breakfast /

Lunch /

Dinner /

Friday: _____

Breakfast /

Lunch /

Dinner /