



#UAEX LivingWell

7-day meal planning worksheet

1. Check freezer, refrigerator and cupboard for items that need to be used. Fill in menu using these items.

ON HAND:

2. Review grocery ads for specials you can use in this week's menu plan. Add to menu plan and grocery list.

ON SALE:

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	
BREAKFAST	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	
SNACK	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	
LUNCH	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	
SNACK	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	
DINNER	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	
CHECKLIST	<input type="checkbox"/> Grain <input type="checkbox"/> Vegetable <input type="checkbox"/> Fruit <input type="checkbox"/> Dairy <input type="checkbox"/> Protein	<input type="checkbox"/> Grain <input type="checkbox"/> Vegetable <input type="checkbox"/> Fruit <input type="checkbox"/> Dairy <input type="checkbox"/> Protein	<input type="checkbox"/> Grain <input type="checkbox"/> Vegetable <input type="checkbox"/> Fruit <input type="checkbox"/> Dairy <input type="checkbox"/> Protein	<input type="checkbox"/> Grain <input type="checkbox"/> Vegetable <input type="checkbox"/> Fruit <input type="checkbox"/> Dairy <input type="checkbox"/> Protein	<input type="checkbox"/> Grain <input type="checkbox"/> Vegetable <input type="checkbox"/> Fruit <input type="checkbox"/> Dairy <input type="checkbox"/> Protein	<input type="checkbox"/> Grain <input type="checkbox"/> Vegetable <input type="checkbox"/> Fruit <input type="checkbox"/> Dairy <input type="checkbox"/> Protein	<input type="checkbox"/> Grain <input type="checkbox"/> Vegetable <input type="checkbox"/> Fruit <input type="checkbox"/> Dairy <input type="checkbox"/> Protein	<input type="checkbox"/> Grain <input type="checkbox"/> Vegetable <input type="checkbox"/> Fruit <input type="checkbox"/> Dairy <input type="checkbox"/> Protein