

# Weekly Meal

## PLANNER



**MONDAY**  
*Meatless  
Meal*

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**TUESDAY**  
*Tacos or  
Mexican*

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**WEDNESDAY**  
*Chicken,  
Beef or Fish*

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**THURSDAY**  
*Italian or  
Pasta*

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**FRIDAY**  
*Sandwiches  
and Soup*

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**SATURDAY**  
*Pizza or  
Order Out*

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**SUNDAY**  
*Comfort  
Food*

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**NOTES**

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# Weekly Meal

## PLANNER



Week #

**MONDAY**  
*Meatless  
Meal*

**TUESDAY**  
*Tacos or  
Mexican*

**WEDNESDAY**  
*Chicken,  
Beef or Fish*

**THURSDAY**  
*Italian or  
Pasta*

**FRIDAY**  
*Sandwiches  
and Soup*

**SATURDAY**  
*Pizza or  
Order Out*

**SUNDAY**  
*Comfort  
Food*

**NOTES**

# Weekly Meal

## PLANNER



Week #

**MONDAY**  
*Meatless  
Meal*

**TUESDAY**  
*Tacos or  
Mexican*

**WEDNESDAY**  
*Chicken,  
Beef or Fish*

**THURSDAY**  
*Italian or  
Pasta*

**FRIDAY**  
*Sandwiches  
and Soup*

**SATURDAY**  
*Pizza or  
Order Out*

**SUNDAY**  
*Comfort  
Food*

**NOTES**

# Weekly Meal

## PLANNER



### Meal Plan #17 - February 1 - February 7

**MONDAY**  
*Leftovers*

Italian  
Ground Beef  
with  
Biscuits

**TUESDAY**  
*Tacos or  
Mexican*

Tamale Pie

**WEDNESDAY**  
*Chicken,  
Beef or Fish*

Creamy  
Beef Noodle  
Bake

**THURSDAY**  
*Italian or  
Pasta*

Pasta  
Fagioli

**FRIDAY**  
*Sandwiches  
and Soup*

Lasagna  
Soup

**SATURDAY**  
*Pizza or  
Order Out*

French  
Bread Pizza  
made with  
Homemade  
Beef Sauce

**SUNDAY**  
*Comfort  
Food*

Hamburgers  
with  
Mushroom  
Gravy

**NOTES**

# Weekly Meal

## PLANNER



### MONDAY

Hasselback \_\_\_\_\_  
Chicken Stuffed  
with Mozzarella  
Cheese, \_\_\_\_\_  
Tomatoes and  
Basil \_\_\_\_\_  
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### TUESDAY

Hasselback \_\_\_\_\_  
Chicken Stuffed  
with Mozzarella  
Cheese, \_\_\_\_\_  
Tomatoes and  
Basil \_\_\_\_\_  
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### WEDNESDAY

Hasselback \_\_\_\_\_  
Chicken Stuffed  
with Mozzarella  
Cheese, \_\_\_\_\_  
Tomatoes and  
Basil \_\_\_\_\_  
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### THURSDAY

Hasselback \_\_\_\_\_  
Chicken Stuffed  
with Mozzarella  
Cheese, \_\_\_\_\_  
Tomatoes and  
Basil \_\_\_\_\_  
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### FRIDAY

Hasselback \_\_\_\_\_  
Chicken Stuffed  
with Mozzarella  
Cheese, \_\_\_\_\_  
Tomatoes and  
Basil \_\_\_\_\_  
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### SATURDAY

Hasselback \_\_\_\_\_  
Chicken Stuffed  
with Mozzarella  
Cheese, \_\_\_\_\_  
Tomatoes and  
Basil \_\_\_\_\_  
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### SUNDAY

Hasselback \_\_\_\_\_  
Chicken Stuffed  
with Mozzarella  
Cheese, \_\_\_\_\_  
Tomatoes and  
Basil \_\_\_\_\_  
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### NOTES

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# Weekly Meal

## SHOPPING LIST



### HEADING 1

Item 1 \_\_\_\_\_

Item 2 \_\_\_\_\_

Item 3 \_\_\_\_\_

Item 4 \_\_\_\_\_

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Item 1 \_\_\_\_\_

Item 2 \_\_\_\_\_

Item 3 \_\_\_\_\_

Item 4 \_\_\_\_\_

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### HEADING 2

Item 1 \_\_\_\_\_

Item 2 \_\_\_\_\_

Item 3 \_\_\_\_\_

Item 4 \_\_\_\_\_

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Item 1 \_\_\_\_\_

Item 2 \_\_\_\_\_

Item 3 \_\_\_\_\_

Item 4 \_\_\_\_\_

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