

Frugal Home Lover - Weekly Meal Planner

Week Of: _____

Day	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Grocery List

[] Produce: _____

[] Pantry: _____

[] Dairy: _____

[] Meat/Protein: _____

[] Frozen: _____

[] Other: _____

Notes:
