

BUYING FOOD

Menu Plan & Shopping List

Use this sample meal plan in many ways: 1 Once right from this guide 2 Make copies from the guide before use and/or 3 Print it online at www.cccfoodpolicy.org/document/shoppinglist for use over and over



BREAKFAST



LUNCH



DINNER



GROCERY LIST

YOUR FAVORITE RECIPES

INGREDIENTS NEEDED

QTY

SUN

MON

TUE

WED

THU

FRI

SAT