



**PRINTABLE WEEKLY
MEAL AND GROCERY
PLANNER**

University of
Lethbridge



MEAL PLANNING SHEET

Monday

Breakfast

Lunch

Dinner

Snacks

Tuesday

Breakfast

Lunch

Dinner

Snacks

Wednesday

Breakfast

Lunch

Dinner

Snacks

Thursday

Breakfast

Lunch

Dinner

Snacks

Friday

Breakfast

Lunch

Dinner

Snacks

Saturday

Sunday

GROCERY PLANNER

Proteins

- _____
- _____
- _____
- _____
- _____
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- _____
- _____
- _____

Fruits

- _____
- _____
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Snacks

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Grains and Carbs

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Vegetables

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Household Essentials

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Other

- _____
- _____

Toiletries

- _____
- _____
- _____
- _____

For recipes or more information about the Food For Thought Initiative visit:
<https://www.ulethbridge.ca/food-for-thought/recipes>

