

Weekly Meal Planner

Week of January 1, 2007

Monday 1 Main Course _____ Side Dish _____ Vegetable _____ Other _____	Tuesday 2 Main Course _____ Side Dish _____ Vegetable _____ Other _____	Grocery List _____
Wednesday 3 Main Course _____ Side Dish _____ Vegetable _____ Other _____	Thursday 4 Main Course _____ Side Dish _____ Vegetable _____ Other _____	
Friday 5 Main Course _____ Side Dish _____ Vegetable _____ Other _____	Saturday 6 Main Course _____ Side Dish _____ Vegetable _____ Other _____	
Sunday 7 Main Course _____ Side Dish _____ Vegetable _____ Other _____	Meal ideas for next week _____ _____ _____ _____	

Weekly Meal Planner

Week of January 8, 2007

Monday 8 Main Course _____ Side Dish _____ Vegetable _____ Other _____	Tuesday 9 Main Course _____ Side Dish _____ Vegetable _____ Other _____	Grocery List _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____
Wednesday 10 Main Course _____ Side Dish _____ Vegetable _____ Other _____	Thursday 11 Main Course _____ Side Dish _____ Vegetable _____ Other _____	
Friday 12 Main Course _____ Side Dish _____ Vegetable _____ Other _____	Saturday 13 Main Course _____ Side Dish _____ Vegetable _____ Other _____	
Sunday 14 Main Course _____ Side Dish _____ Vegetable _____ Other _____	Meal ideas for next week _____ _____ _____ _____	

Weekly Meal Planner

Week of January 15, 2007

Monday 15 Main Course Side Dish Vegetable Other	Tuesday 16 Main Course Side Dish Vegetable Other	Grocery List
Wednesday 17 Main Course Side Dish Vegetable Other	Thursday 18 Main Course Side Dish Vegetable Other	
Friday 19 Main Course Side Dish Vegetable Other	Saturday 20 Main Course Side Dish Vegetable Other	
Sunday 21 Main Course Side Dish Vegetable Other	Meal ideas for next week	

Weekly Meal Planner

Week of January 22, 2007

Monday 22 Main Course _____ Side Dish _____ Vegetable _____ Other _____	Tuesday 23 Main Course _____ Side Dish _____ Vegetable _____ Other _____	Grocery List _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____
Wednesday 24 Main Course _____ Side Dish _____ Vegetable _____ Other _____	Thursday 25 Main Course _____ Side Dish _____ Vegetable _____ Other _____	
Friday 26 Main Course _____ Side Dish _____ Vegetable _____ Other _____	Saturday 27 Main Course _____ Side Dish _____ Vegetable _____ Other _____	
Sunday 28 Main Course _____ Side Dish _____ Vegetable _____ Other _____	Meal ideas for next week _____ _____ _____ _____	

Weekly Meal Planner

Week of January 29, 2007

Monday 29 Main Course _____ Side Dish _____ Vegetable _____ Other _____	Tuesday 30 Main Course _____ Side Dish _____ Vegetable _____ Other _____	Grocery List _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____
Wednesday 31 Main Course _____ Side Dish _____ Vegetable _____ Other _____	Thursday 1 Main Course _____ Side Dish _____ Vegetable _____ Other _____	
Friday 2 Main Course _____ Side Dish _____ Vegetable _____ Other _____	Saturday 3 Main Course _____ Side Dish _____ Vegetable _____ Other _____	
Sunday 4 Main Course _____ Side Dish _____ Vegetable _____ Other _____	Meal ideas for next week _____ _____ _____ _____	