



My Grocery Expense Tracker

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My **Weekly Meal Plan**

monday

B

L

D

tuesday

B

L

D

wednesday

B

L

D

thursday

B

L

D

friday

B

L

D

saturday

B

L

D

sunday

B

L

D



My Freezer Inventory

DATE	DISH	LOCATION	EXPIRES



My Weekly Meal Plan & Shopping List

		QTY	ITEM	Q	COST
monday	B				
	L				\$
	D				\$
tuesday	B				\$
	L				\$
	D				\$
wednesday	B				\$
	L				\$
	D				\$
thursday	B				\$
	L				\$
	D				\$
friday	B				\$
	L				\$
	D				\$
saturday	B				\$
	L				\$
	D				\$
sunday	B				\$
	L				\$
	D				\$



This **Week's** Meal Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
LUNCH							
SNACK							
DINNER							



My **Grocery** Shopping **List**

PRODUCE

MEAT

BAKERY

BREAKFAST

SNACKS

DAIRY

DRY/CANNED

PAPER GOODS/HOUSEHOLD

OTHER



This Month's Dinner Plan



My Family's Favorite Meals

	MEAL	RECIPE LOCATION
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		



My Meal Ideas For The Week

BREAKFAST IDEAS

LUNCH IDEAS

SNACK IDEAS

DINNER IDEAS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	



My **Fast Five Meals**

"Meals with less than a 15-minute prep time"

RECIPE

*BBQ Chicken
Quesadillas*

RECIPE LOCATION

food.com

RECIPE

RECIPE LOCATION

1

RECIPE

RECIPE LOCATION

2

RECIPE

RECIPE LOCATION

3

RECIPE

RECIPE LOCATION

4

RECIPE

RECIPE LOCATION

5