

Weekly Family Meal Plans for the Month of _____

Budget Code (\$=5-10 / \$\$=10-15 / \$\$\$=15-20 / \$\$\$\$=20+)

Week 1	S	M	T	W	R	F	S
Breakfast							
Lunch							
Snack							
Dinner							

New foods:

Notes:

Week 2	S	M	T	W	R	F	S
Breakfast							
Lunch							
Snack							
Dinner							

New foods:

Notes:

Week 3	S	M	T	W	R	F	S
Breakfast							
Lunch							
Snack							
Dinner							

New foods:

Notes:

Week 4	S	M	T	W	R	F	S
Breakfast							
Lunch							
Snack							
Dinner							

New foods:

Notes: