

3 3 2 2 1 Grocery Method

3 VEGGIES

- _____
- _____
- _____

3 PROTEINS

- _____
- _____
- _____

2 GRAINS

- _____
- _____

2 FRUITS

- _____
- _____

1 SAUCE/DIP/SPREAD

- _____

ADDITIONAL ITEMS

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

BUDGET:



3 3 2 2 1 Meal Plan

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend