WEEKLY PLAN FOR HEALTHY MEALS

Take how busy you are each day into consideration. ***The busier you are, the simpler your meal should be.*** And be sure to keep leftovers in mind when making larger meals.

MONDAY (Day 1)

TUESDAY (Day 2)

WEDNESDAY (Day 3)

THURSDAY (Day 4)

FRIDAY (Day 5)

SATURDAY (Day 6)

SUNDAY (Day 7)

GROCERY LIST

NOTES

7 DAYS OF CHEWSING WISELY

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WEEKLY GROCERY LIST

You can save this list on your phone or the side of your fridge.
Be sure and plan for a mix of ***fresh*** (eat first), ***frozen*** and ***self-stable*** (save for later).

PRODUCE

PROTEIN & DAIRY

DRIED, CANNED & PANTRY

SEASONINGS & SPICES

MARK IF FROZEN

7 DAYS OF CHEWSING WISELY

CHEWS WISELY ALABAMA

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WHAT'S IN MY FREEZER?

ITEM	QUANTITY	FROZEN ON	USE BY

7 DAYS OF
CHEWSING WISELY

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WHAT'S IN MY PANTRY?

ITEM	QUANTITY

ITEM	QUANTITY

7 DAYS OF CHEWSING WISELY

CHEWS WISELY ALABAMA

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