

Meal Plan

Meals for the week of _____

Food I need to use up	Meals I can make with it	Ingredients I need to buy to complete the meals

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



**Seattle
Public
Utilities**

For resources to help you waste less food, visit
seattle.gov/util/stopfoodwaste

Shopping List

Fruits & Vegetables

Item	Quantity

Frozen Foods

Item	Quantity

Meat & Proteins

Item	Quantity

Dairy & Eggs

Item	Quantity

Bakery

Item	Quantity

Packaged/Canned/Bulk Foods

Item	Quantity

Drinks & Snacks

Item	Quantity

Miscellaneous

Item	Quantity