



FREE

MONTHLY MEAL PLAN & GROCERY HAUL

From A Little Hint of This

**AN EASY, PRINTABLE GUIDE
TO MAKE MEAL PLANNING AND
GROCERY SHOPPING FOR A MONTH
A CINCH!**

Every month, print and fill in these templates and use to take inventory of food you already have, as well as create a monthly meal plan and shopping list!

MONTHLY MEAL PLAN BRAINSTORM SHEET

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- 2.
- 3.
- 4.
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- 11.
- 12.
- 13.
- 14.
- 15.
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- 18.
- 19.
- 20.

Breakfast:

Lunch:

Snacks:

Back-Up Meals:



Shopping List



STORE:

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Shopping List



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MONTHLY MEAL PLAN



Week 1

Fresh Groceries

- 1.
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- 3.
- 4.
- 5.

Week 2

- 1.
- 2.
- 3.
- 4.
- 5.

Week 3

- 1.
- 2.
- 3.
- 4.
- 5.

Week 4

- 1.
- 2.
- 3.
- 4.
- 5.

Breakfasts:

Lunches:

Snacks:

Back-Up Meals: