

The Multiple Choice Meal Plan

How It Works: Fill in each category with your go-to meals. When you meal plan, cross out anything you've had recently, then circle one meal from each category. Want to try something new? Just write it in!

Meat & Three _____

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

Soup & Salad _____

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

Sandwiches/Wraps _____

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

Pasta _____

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

Fish/Seafood _____

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

Vegetarian _____

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

Take-Out/From the Store _____

- 1.
- 2.
- 3.

GROCERY LIST

Produce:

Middle Aisles:

Dairy:

Meat:

Frozen:

Other:

