



WEEKLY

MEAL PLAN

M	T	W	T	F	S
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one meat-free meal? Leftovers night?

Fruit and Veggies // Green Grocer

Meat // Butcher
+ Fish =

Dairy // Supermarket

Grains + other //

Look out for specials/reduced items

Keep it simple!

Try a new veggie this week

WHAT ABOUT HEALTH?