

MEALS FOR A MONTH



Use this template to plan what meals you will have for the month. If you go out to eat, include those days as well.
 Planning ahead helps you stay within your grocery budget!

SUN	MON	TUE	WED	THU	FRI	SAT
—	—	—	—	—	—	—
—	—	—	—	—	—	—
—	—	—	—	—	—	—
—	—	—	—	—	—	—
—	—	—	—	—	—	—