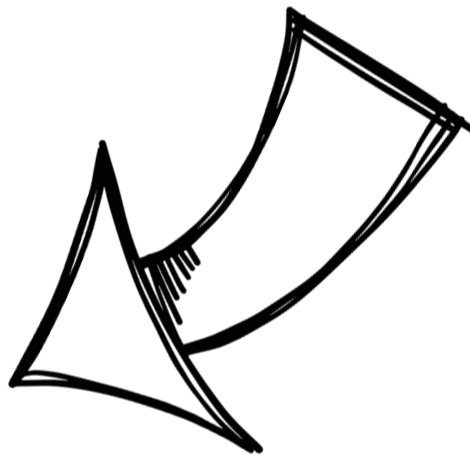


Directions

| WEEKLY MEAL PLAN | INGREDIENTS |
|---|-------------|
| SUNDAY B _____ L _____ D _____ | |
| MONDAY B _____ L _____ D _____ | |
| TUESDAY B _____ L _____ D _____ | |
| WEDNESDAY B _____ L _____ D _____ | |
| THURSDAY B _____ L _____ D _____ | |
| FRIDAY B _____ L _____ D _____ | |
| SATURDAY B _____ L _____ D _____ | |

SHOP YOUR PANTRY, FREEZER, AND FRIDGE. THEN COMPILE YOUR GROCERY LIST.
midliferadiance.com

- ◆ Write down your meals for the week.
- ◆ Write down the ingredients.
- ◆ Go shopping in your pantry, fridge, and freezer.
- ◆ Cross out the items you already have.
- ◆ Compile your grocery list.



| GROCERY LIST | | | |
|--|--|--|---|
| BREAKFAST _____ _____ _____ | DAIRY/DELI _____ _____ _____ | BREAD/BAKERY _____ _____ _____ | BEVERAGES _____ _____ _____ |
| FRUIT _____ _____ _____ | VEGETABLES _____ _____ _____ | PROTEIN _____ _____ _____ | FROZEN FOOD _____ _____ _____ |
| PASTA/RICE _____ _____ _____ | CANNED GOODS _____ _____ _____ | CONDIMENTS _____ _____ _____ | BAKING/SNACKS _____ _____ _____ |
| LEGUME _____ _____ _____ | PANTRY STAPLES _____ _____ _____ | SPICES/HERBS _____ _____ _____ | MISC _____ _____ _____ |

WEEKLY MEAL PLAN

INGREDIENTS

SUNDAY

B _____

L _____

D _____

MONDAY

B _____

L _____

D _____

TUESDAY

B _____

L _____

D _____

WEDNESDAY

B _____

L _____

D _____

THURSDAY

B _____

L _____

D _____

FRIDAY

B _____

L _____

D _____

SATURDAY

B _____

L _____

D _____

SHOP YOUR PANTRY, FREEZER, AND FRIDGE. THEN COMPILE YOUR GROCERY LIST.

GROCERY LIST

BREAKFAST

DAIRY / DELI

BREAD / BAKERY

BEVERAGES

FRUIT

VEGETABLES

PROTEIN

FROZEN FOOD

PASTA / RICE

CANNED GOODS

CONDIMENTS

BAKING / SNACKS

LEGUME

PANTRY STAPLES

SPICES / HERBS

MISC