

# Meal Plan

Meals for the week of \_\_\_\_\_

Food I need to use up	Meals I can make with it	Ingredients I need to buy to complete the meals

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



**Seattle  
Public  
Utilities**

For resources to help you waste less food, visit  
[seattle.gov/util/reducereuse](http://seattle.gov/util/reducereuse)

# Shopping List

## Fruits & Vegetables

Item	Quantity

## Frozen Foods

Item	Quantity

## Meat & Proteins

Item	Quantity

## Dairy & Eggs

Item	Quantity

## Bakery

Item	Quantity

## Packaged/Canned/Bulk Foods

Item	Quantity

## Drinks & Snacks

Item	Quantity

## Miscellaneous

Item	Quantity