

summer meal plan



Week 1

<u>Type</u>	<u>Main Dish</u>	<u>Sides</u>	<u>Ingredients</u>

Week 2

<u>Type</u>	<u>Main Dish</u>	<u>Sides</u>	<u>Ingredients</u>

Week 3

<u>Type</u>	<u>Main Dish</u>	<u>Sides</u>	<u>Ingredients</u>

Week 4

<u>Type</u>	<u>Main Dish</u>	<u>Sides</u>	<u>Ingredients</u>

Week 5

<u>Type</u>	<u>Main Dish</u>	<u>Sides</u>	<u>Ingredients</u>

summertime weekly menu



Week:	
<u>Dinner</u>	<u>Sides</u>

Week:	
<u>Dinner</u>	<u>Sides</u>

Week:	
<u>Dinner</u>	<u>Sides</u>

Week:	
<u>Dinner</u>	<u>Sides</u>

Week:	
<u>Dinner</u>	<u>Sides</u>

Week:	
<u>Dinner</u>	<u>Sides</u>

shopping list by week

Week 1 Shopping List:

Week 2 Shopping List:

Week 3 Shopping List:

Week 4 Shopping List:

Week 5 Shopping List: