STAR YOUR COOKING DAY ◯ CIRCLE YOUR SHOPPING DAY

WEEKLY MEAL PREP

TEXAS A&M AGRILIFE EXTENSION

MON
BREAKFAST: LUNCH: DINNER:

TUES
BREAKFAST: LUNCH: DINNER:

WED
BREAKFAST: LUNCH: DINNER:

THU
BREAKFAST: LUNCH: DINNER:

FRI
BREAKFAST: LUNCH: DINNER:

SAT
BREAKFAST: LUNCH: DINNER:

SUN
BREAKFAST: LUNCH: DINNER:

RECIPES TO TRY:

INGREDIENTS I HAVE:

INGREDIENTS I NEED:

OTHER ITEMS:

CREATED BY: SARAH GREGORY, STUDENT WORKER II, FOOD & NUTRITION UNIT. HTTP://NFS.TAMU.EDU/EXTENSION
THE MEMBERS OF TEXAS A&M AGRILIFE WILL PROVIDE EQUAL OPPORTUNITIES IN PROGRAMS AND ACTIVITIES, EDUCATION, AND EMPLOYMENT TO ALL PERSONS REGARDLESS OF RACE, COLOR, SEX, RELIGION, NATIONAL ORIGIN, AGE, DISABILITY, GENETIC INFORMATION, VETERAN STATUS, SEXUAL ORIENTATION, GENDER IDENTITY, OR GENDER EXPRESSION.. © TEXAS A&M AGRILIFE EXTENSION SERVICE. 05/18.