





# THIS WEEK'S MEAL PLAN











Leftovers meal

# GROCERY LIST



## Fruits and vegetables

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Protein

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Bread and dry foods

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Dairy products and eggs

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Frozen and other

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_





Meal ideas





Par le Jour de la Terre


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Leftovers meal

# GROCERY LIST



## Fruits and vegetables

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## Protein

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## Bread and dry foods

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## Dairy products and eggs

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\_\_\_\_\_

## Frozen and other

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Meal ideas

**FOOD FIGHT**

Fonds **EcoJGA**  
Par le Jour de la Terre™