

THANK YOU!

Thank you for visiting my account and for your recent download.

I hope this free meal planner and grocery lists printables meet your expectations and needs. It saves you time and is super useful to you.

Thank you so much for stopping by my blog!

Anna

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Subscribe to my email list to be notified when I add new resources and receive
FREE exclusive printables and more!

LET'S STAY CONNECTED!



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PINTEREST



FACEBOOK



NEW INSTAGRAM ACCOUNT

Terms of use

These planner templates are for personal use only.



Learn Grow Aspire was created to support parents, caregivers, and elementary classroom teachers with teaching resources and inspirations they can implement in their homeschool or classrooms.

MEET THE FACE BEHIND LEARN GROW ASPIRE

Hey, I'm Anna. Author and creator of Learn Grow Aspire resources. I love creating activities and printables that inspire a love for learning and make life easier for busy parents and teachers.



xoxo Anna

WEEKLY MEAL PLAN

for a healthy lifestyle

WEEK AT A GLANCE

DATE: _____

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

--	--	--	--	--	--	--

WHAT'S FOR DINNER?

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

--	--	--	--	--	--	--

MOST IMPORTANT
THINGS THIS WEEK

1

2

3

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SHOPPING LIST

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

@learngrowaspire.com



Grocery & Shopping List

Date: _____

	Fruits and Vegetables	Price
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

	Meat and Poultry	Price
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

	Canned Goods	Price
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

	Fish and Frozen Goods	Price
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

	Snacks and Drinks	Price
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

	Others	Price
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

Grocery CHECKLIST

Date: _____

[illegible]

Total: