

Weekly Meals & Chores

Week of: _____

Day	Breakfast	Lunch	Dinner	Chores & tasks for the day
Monday				☐ ☐ ☐
Tuesday				☐ ☐ ☐
Wednesday				☐ ☐ ☐
Thursday				☐ ☐ ☐
Friday				☐ ☐ ☐
Saturday				☐ ☐ ☐
Sunday				☐ ☐ ☐

Shopping list for the week	
☐ ☐ ☐ ☐	☐ ☐ ☐ ☐