MAVO · MAVOLIFE.COM

Meal Plan + Grocery List

Shape the nights first. Choose dinners second. Add only the groceries the plan still needs.

Week of _____

PLAN THE WEEK AROUND THE NIGHTS YOU ACTUALLY HAVE

	WHAT SHAPES TONIGHT	DINNER	OWNER	FALLBACK	PREP / THAW
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

ADD ONLY WHAT THOSE DINNERS STILL NEED

	PRODUCE	PROTEIN	DAIRY	PANTRY	FROZEN	HOUSEHOLD / OTHER
1						
2						
3						