Plant-Based Family Meal Planner + Grocery List

# Weekly Meal Planner

|  |  |  |  |
| --- | --- | --- | --- |
| Day | Breakfast | Lunch | Dinner |
| Monday |  |  |  |
| Tuesday |  |  |  |
| Wednesday |  |  |  |
| Thursday |  |  |  |
| Friday |  |  |  |
| Saturday |  |  |  |
| Sunday |  |  |  |

# Plant-Based Grocery List

## Fruits & Vegetables

* ☐ Bananas
* ☐ Apples
* ☐ Spinach
* ☐ Carrots
* ☐ Broccoli
* ☐ Sweet Potatoes
* ☐ Avocados

## Grains & Legumes

* ☐ Brown Rice
* ☐ Quinoa
* ☐ Rolled Oats
* ☐ Lentils
* ☐ Black Beans
* ☐ Chickpeas

## Plant Proteins

* ☐ Tofu
* ☐ Tempeh
* ☐ Edamame
* ☐ Nut Butters

## Pantry Staples

* ☐ Canned Tomatoes
* ☐ Olive Oil
* ☐ Spices (Cumin, Turmeric, Paprika)
* ☐ Soy Sauce
* ☐ Vegetable Broth

## Snacks & Extras

* ☐ Hummus
* ☐ Whole Grain Crackers
* ☐ Nuts & Seeds
* ☐ Dried Fruit
* ☐ Dark Chocolate