

Weekly Meal Plan for College Students



For the Week of: _____

Monday

Breakfast	
Lunch	
Dinner	
Snacks	

Saturday

Breakfast	
Lunch	
Dinner	
Snacks	

Tuesday

Breakfast	
Lunch	
Dinner	
Snacks	

Sunday

Breakfast	
Lunch	
Dinner	
Snacks	

Wednesday

Breakfast	
Lunch	
Dinner	
Snacks	

Shopping List

Thursday

Breakfast	
Lunch	
Dinner	
Snacks	

Friday

Breakfast	
Lunch	
Dinner	
Snacks	

