

LUNCHBOX PLANNER & SHOPPING LIST

Monday

Shopping List

☐

☐

☐

Tuesday

☐

☐

☐

☐

Wednesday

☐

☐

☐

☐

☐

Thursday

☐

☐

☐

☐

Friday

☐

☐

☐

WEEK OF: _____

LUNCHBOX PLANNER & SHOPPING LIST

Monday

mac & Trees
chopped apples
mini cucumber
snickerdoodles

Tuesday

pinwheels
mini tomatoes
nut bar
yogurt

Wednesday

Mini waffles with
sunflower butter
rainbow carrots
Grapes

Thursday

mac & Trees
chopped apples
mini cucumber
Chocolate pretzels

Friday

Mini chickpea sliders
chopped apples
mini cucumber
pretzes

Shopping List

☐

apples

☐

grapes

☐

mini cucumber

☐

yogurt

☐

broccoli

☐

carrots

☐

EXAMPLE

☐☐☐☐☐☐☐☐☐☐☐

WEEK OF: