

# Plan.

New to meal planning? Missouri Baptist is here to help you on your healthy eating journey! From grocery store tours and cooking classes to one-on-one support from our Outpatient Nutrition Services team we can help you identify meals and menus that work for you. Find out more at: [MissouriBaptist.org/Nutrition](https://MissouriBaptist.org/Nutrition)

## WEEKLY MEAL PLAN

MON

TUE

WED

THU

FRI

Grocery List

### TIP:

Use your meal plan to make your shopping list.

Consider organizing the list by your grocery store's layout for easy navigation.