Weekly Menu and Grocery List 2027

Plan breakfast, lunch, dinner and snacks, then shop by storage limits

WEEKLY MENU (WEEK STARTING: _____)

	SUN.	MON.	TUE.	WED.	THU.	FRI.	SAT.
Breakfast							
Lunch							
Dinner							
Snack							

GROCERY LIST

Shop by when to cook

- [ ] Raw poultry and ground meat (cook first)
- [ ] Beef, pork, eggs and deli items (cook later)
- [ ] Fruit and vegetables
- [ ] Grains, cans and staples

STORAGE LIMITS (MINNESOTA DEPARTMENT OF HEALTH)

Refrigerator at 40°F

- [ ] Raw ground meat and fresh poultry: 1 to 2 days
- [ ] Cooked meat dishes: 3 to 4 days
- [ ] Beef, pork, soups, stews, deli salad, opened lunch meat: 3 to 5 days
- [ ] Hard-cooked eggs and opened hot dogs: 7 days
- [ ] Fresh eggs in the shell: 21 days

Freezer at 0°F

- [ ] Opened lunch meat and hot dogs: 1 to 2 months
- [ ] Cooked meat dishes, soups and stews: 2 to 3 months
- [ ] Raw ground meat: 3 to 4 months
- [ ] Beef: 6 to 12 months

FOOD SAFETY (CDC)

Before you eat

- [ ] Refrigerate perishable food within 2 hours (1 hour above 90°F)
- [ ] Thaw in the refrigerator, cold water or the microwave, never on the counter
- [ ] Heat leftovers and casseroles to 165°F

My notes

Source: Minnesota Department of Health, Refrigerator and Freezer Storage Chart (updated Sept. 25, 2026); Centers for Disease Control and Prevention, Preventing Food Poisoning; U.S. Food and Drug Administration, Refrigerator Thermometers.