Weekly Menu and Grocery List 2027

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

WEEKLY MENU (WEEK STARTING: _____)

- [ ] Sunday: _____ — Breakfast, lunch, dinner, snack
- [ ] Monday: _____ — Breakfast, lunch, dinner, snack
- [ ] Tuesday: _____ — Breakfast, lunch, dinner, snack
- [ ] Wednesday: _____ — Breakfast, lunch, dinner, snack
- [ ] Thursday: _____ — Breakfast, lunch, dinner, snack
- [ ] Friday: _____ — Breakfast, lunch, dinner, snack
- [ ] Saturday: _____ — Breakfast, lunch, dinner, snack

GROCERY LIST

- [ ] Raw poultry and ground meat: _____ — Cook first
- [ ] Beef, pork, eggs, deli items: _____ — Cook later
- [ ] Fruit and vegetables: _____ — Produce
- [ ] Grains, cans, staples: _____ — Pantry

REFRIGERATOR DAYS AT 40°F (MDH)

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

FREEZER MONTHS AT 0°F (MDH)

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

SAFETY CHECKS (CDC)

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