



# Weekly Meal Plan



Week of: \_\_\_\_\_

MONDAY

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

TUESDAY

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

WEDNESDAY

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

THURSDAY

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

FRIDAY

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

SATURDAY

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

SUNDAY

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

MISC.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## SHOPPING LIST

- \_\_\_\_\_  \_\_\_\_\_
- \_\_\_\_\_  \_\_\_\_\_
- \_\_\_\_\_  \_\_\_\_\_
- \_\_\_\_\_  \_\_\_\_\_
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