WEEKLY MEAL PLANNER

Plan simple meals at home, save time and money

Week of: _____

DAY	BREAKFAST	LUNCH	DINNER
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

GROCERY LIST

- ☐
- ☐
- ☐
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- ☐
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- ☐
- ☐

NOTES / SNACKS

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