

meal planner

WEEK OF: _____

FOR A WEEK

| | BREAKFAST | LUNCH | DINNER | SNACKS |
|-----|-----------|-------|--------|--------|
| MON | | | | |
| TUE | | | | |
| WED | | | | |
| THU | | | | |
| FRI | | | | |
| SAT | | | | |
| SUN | | | | |

SHOPPING LIST

| | | |
|-------|-------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |