



MEAL  
PLANNER



MONDAY

TUESDAY

WEDNESDY

THURSDAY

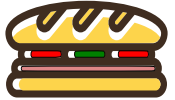
FRIDAY

SATURDAY

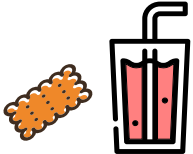
SUNDAY



BREAKFAST



LUNCH



SNACKS



DINNER

FRUIT

VEGETABLES

CUPBOARD

GRAINS & BREAD

FRIDGE

FREEZER

MISC

SHOPPING  
LIST

