



WEEKLY MEAL PLAN



WEEK OF	BREAKFAST	LUNCH	DINNER	SHOPPING LIST
MONDAY				✓ ✓ ✓ ✓ ✓
TUESDAY				✓ ✓ ✓ ✓ ✓
WEDNESDAY				✓ ✓ ✓ ✓ ✓
THURSDAY				✓ ✓ ✓ ✓ ✓
FRIDAY				✓ ✓ ✓ ✓ ✓
SATURDAY				✓ ✓ ✓ ✓ ✓
SUNDAY				✓ ✓ ✓ ✓ ✓
				SNACKS

MAKE AHEAD	