

# 1THRIVE

COMMAND YOUR LIFE

## WHAT'S FOR DINNER

WEEK OF .....

### PLAN

MONDAY

- DINE IN
- DINE OUT
- TAKE OUT

TUESDAY

- DINE IN
- DINE OUT
- TAKE OUT

WEDNESDAY

- DINE IN
- DINE OUT
- TAKE OUT

THURSDAY

- DINE IN
- DINE OUT
- TAKE OUT

FRIDAY

- DINE IN
- DINE OUT
- TAKE OUT

SATURDAY

- DINE IN
- DINE OUT
- TAKE OUT

SUNDAY

- DINE IN
- DINE OUT
- TAKE OUT

### SHOP

*meat* \_\_\_\_\_

.....  
.....  
.....  
.....  
.....

*produce* \_\_\_\_\_

.....  
.....  
.....  
.....  
.....

*pantry* \_\_\_\_\_

.....  
.....  
.....  
.....  
.....

*other* \_\_\_\_\_

.....  
.....  
.....  
.....  
.....