

MEAL PLANNER

Take some time to fill this out before the week starts. This will help you plan your meals, grocery shop and meal prep ahead of time.

DAY 1

DAY 2

DAY 3

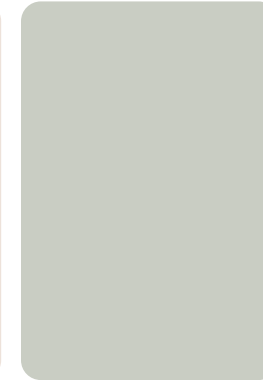
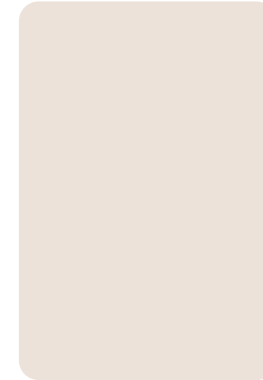
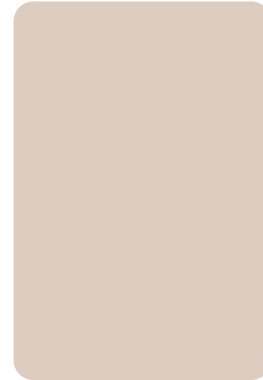
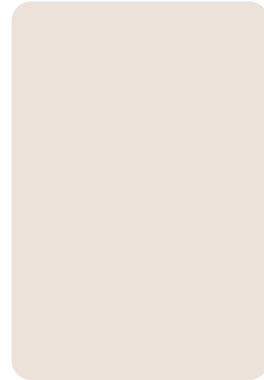
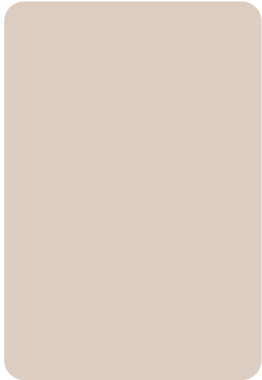
DAY 4

DAY 5

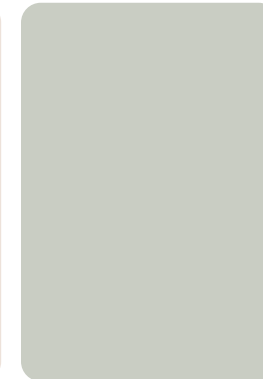
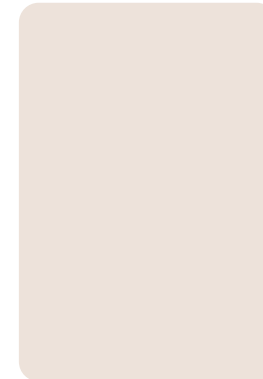
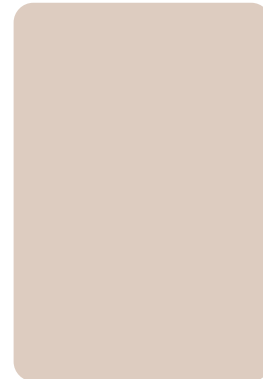
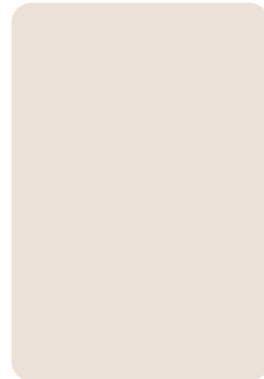
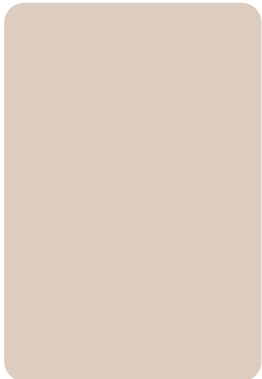
DAY 6

DAY 7

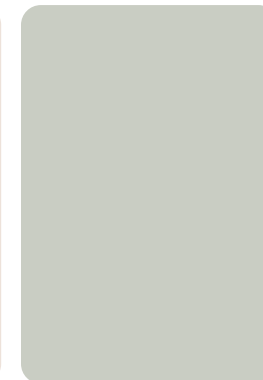
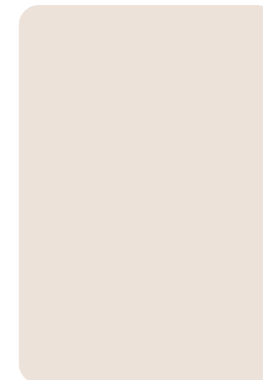
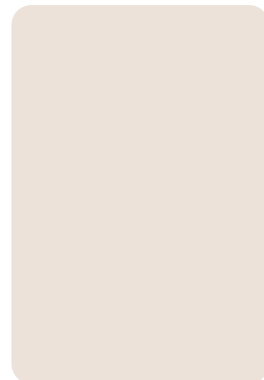
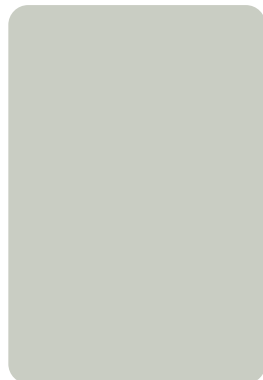
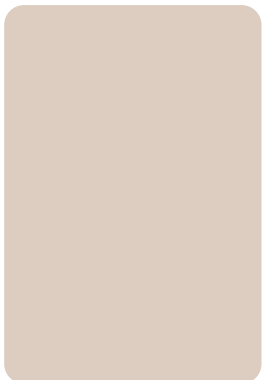
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GROCERY PLANNER

Take inventory of what you have at home first. This will help give you meal ideas and plan your grocery list.

INVENTORY

MEAL IDEAS

GROCERY LIST

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