

MEAL PLANNING

WEEK OF: _____

monday

BREAKFAST: _____

LUNCH: _____

DINNER: _____

SNACKS: _____

tuesday

BREAKFAST: _____

LUNCH: _____

DINNER: _____

SNACKS: _____

wednesday

BREAKFAST: _____

LUNCH: _____

DINNER: _____

SNACKS: _____

thursday

BREAKFAST: _____

LUNCH: _____

DINNER: _____

SNACKS: _____

friday

BREAKFAST: _____

LUNCH: _____

DINNER: _____

SNACKS: _____

saturday

BREAKFAST: _____

LUNCH: _____

DINNER: _____

SNACKS: _____

sunday

BREAKFAST: _____

LUNCH: _____

DINNER: _____

SNACKS: _____

GROCERY LIST

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Taylor Elliott
DESIGNS

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