Weekly Meal Plan

WH	IAT'S COOKING?	,		SHOPPING LIST
	breakfast	lunch	dinner	
SUNDAY				
SL	breakfast	lunch	dinner	
MONDAY				
МО	breakfast	lunch	dinner	
ruesday				
TUES				
λΑΥ	breakfast	lunch	dinner	
WEDNESDAY				
WE	breakfast	lunch	dinner	
DAY		lunch		
THURSDAY				
	breakfast	lunch	dinner	
FRIDAY				
FR				
×	breakfast	lunch	dinner	
SATURDAY				
SA:				

weekly meal plan week of _____

sunday	monday	tuesday	wednesday	thursday	friday	saturday		
<u>~~</u>								
Ċ.								
shopping list								