Weekly Meal Planner

WEEK OF _____

	MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFAST							
LUNCH							
DINNER							
SNACKS							

SHOPPING LIST

FRUIT AND VEG

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

MEAT, FISH AND EGGS

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

DAIRY

- [ ]
- [ ]
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- [ ]

PANTRY

- [ ]
- [ ]
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- [ ]
- [ ]

OTHER

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

PREP AHEAD / LEFTOVERS _____