



# Meal Planner

Week of:



Breakfast

Lunch

Dinner

Snack

SUN

MON

TUES

WED

THURS

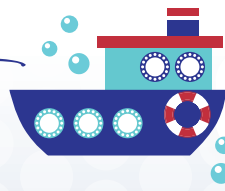
FRI

SAT





# Shopping List



Week of:



## Fruits

## Veggies

## Meats

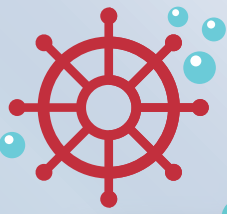
## Dairy

## Frozen

## Basics

## Other





# Weekly Planner

Week of: \_\_\_\_\_



SUNDAY

MONDAY


TUESDAY

WEDNESDAY


THURSDAY

FRIDAY


SATURDAY

EXTRAS

