

# WEEKLY MEAL PLANNER

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

MONDAY

B: \_\_\_\_\_

L: \_\_\_\_\_

D: \_\_\_\_\_

TUESDAY

B: \_\_\_\_\_

L: \_\_\_\_\_

D: \_\_\_\_\_

WEDNESDAY

B: \_\_\_\_\_

L: \_\_\_\_\_

D: \_\_\_\_\_

THURSDAY

B: \_\_\_\_\_

L: \_\_\_\_\_

D: \_\_\_\_\_

FRIDAY

B: \_\_\_\_\_

L: \_\_\_\_\_

D: \_\_\_\_\_

SATURDAY

B: \_\_\_\_\_

L: \_\_\_\_\_

D: \_\_\_\_\_

SUNDAY

B: \_\_\_\_\_

L: \_\_\_\_\_

D: \_\_\_\_\_

FRUITS

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VEGETABLES

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MEAT

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PANTRY

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FROZEN

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