MEAL PLANNING

_____ / _____ / _____

MONDAY

☕ _____

🥗 _____

🍽 _____

TUESDAY

☕ _____

🥗 _____

🍽 _____

WEDNESDAY

☕ _____

🥗 _____

🍽 _____

THURSDAY

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🍽 _____

FRIDAY

☕ _____

🥗 _____

🍽 _____

SATURDAY

☕ _____

🥗 _____

🍽 _____

SUNDAY

☕ _____

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🍽 _____

NOTES

_____

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_____

SHOPPING LIST

☐ _____   ☐ _____   ☐ _____

☐ _____   ☐ _____   ☐ _____

☐ _____   ☐ _____   ☐ _____

☐ _____   ☐ _____   ☐ _____

☐ _____   ☐ _____   ☐ _____