



# WEEKLY MEAL PLANNER

FOR THE WEEK OF

## MONDAY

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## TUESDAY

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## WEDNESDAY

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## THURSDAY

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## FRIDAY

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## SATURDAY

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## SUNDAY

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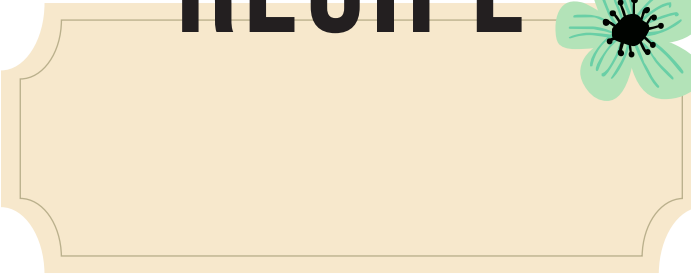

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## SHOPPING LIST

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# RECIPE



FROM THE KITCHEN OF

## — INGREDIENTS —

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**PREP TIME**

**BUDGET**

## DIRECTIONS

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

# RECIPE IDEAS

MEAL IDEAS

FOUND AT

BREAKFAST

LUNCH

DINNER

SNACKS

# GROCERY LIST

## DAIRY

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## CANNED GOODS

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## VEGGIES

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## BREAD & CEREALS

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## FROZEN FOODS

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## MEAT & SEAFOOD

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## PANTRY

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## SNACKS

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## BEVERAGES

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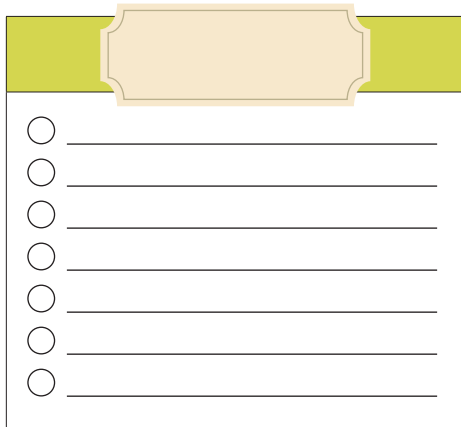
## TREATS

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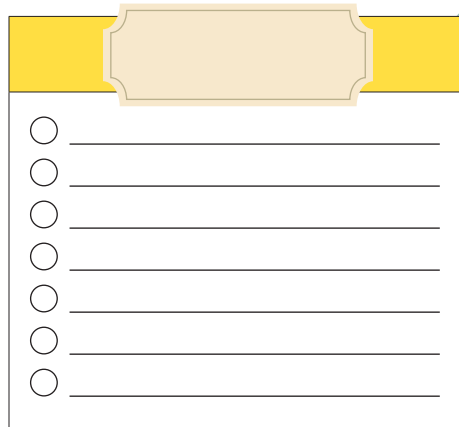
## MISC

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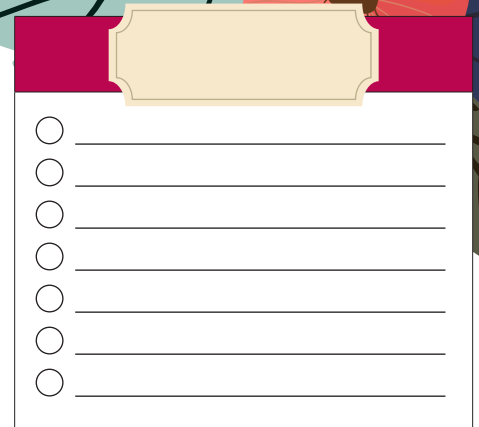
# GROCERY LIST



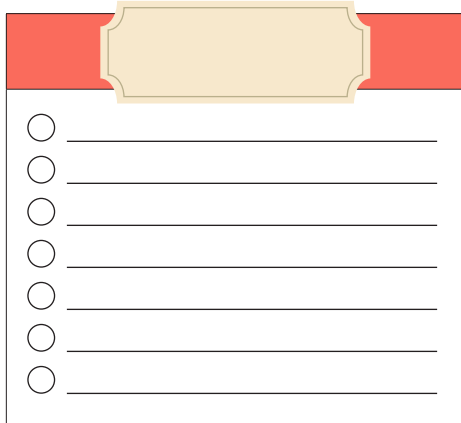
A rectangular card with a light green header bar. Below the header is a small, empty, light beige rectangular box. Underneath this box is a list of eight horizontal lines, each preceded by a small circle.



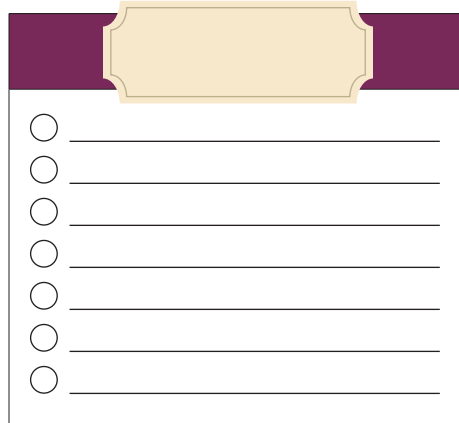
A rectangular card with a light yellow header bar. Below the header is a small, empty, light beige rectangular box. Underneath this box is a list of eight horizontal lines, each preceded by a small circle.



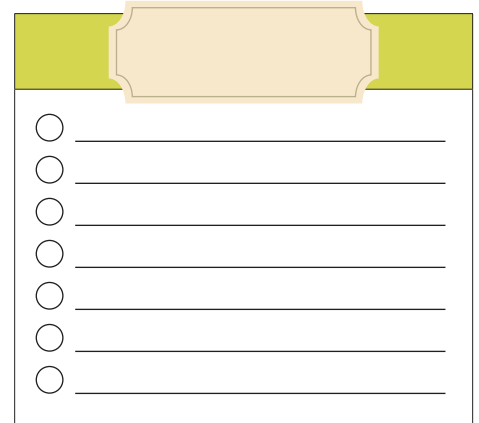
A rectangular card with a magenta header bar. Below the header is a small, empty, light beige rectangular box. Underneath this box is a list of eight horizontal lines, each preceded by a small circle.



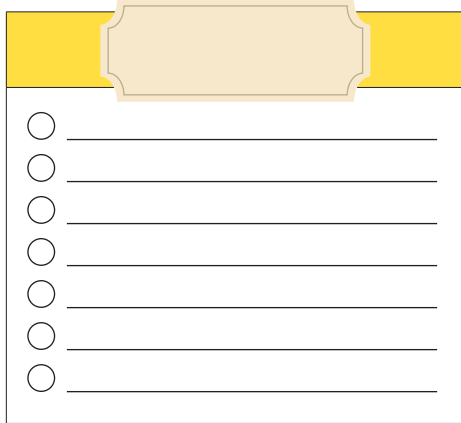
A rectangular card with a coral header bar. Below the header is a small, empty, light beige rectangular box. Underneath this box is a list of eight horizontal lines, each preceded by a small circle.



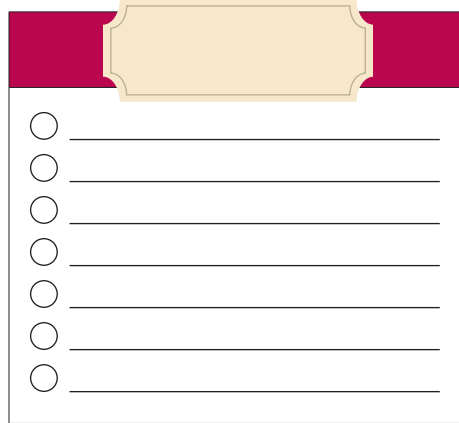
A rectangular card with a purple header bar. Below the header is a small, empty, light beige rectangular box. Underneath this box is a list of eight horizontal lines, each preceded by a small circle.



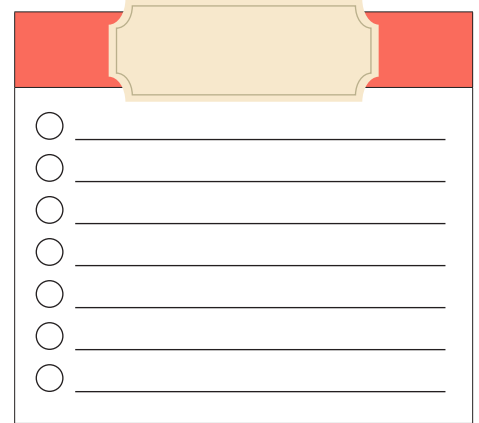
A rectangular card with a light green header bar. Below the header is a small, empty, light beige rectangular box. Underneath this box is a list of eight horizontal lines, each preceded by a small circle.



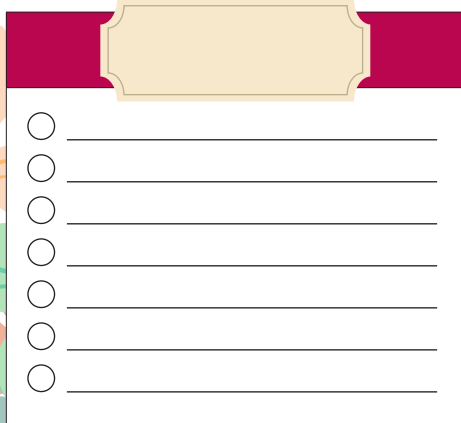
A rectangular card with a yellow header bar. Below the header is a small, empty, light beige rectangular box. Underneath this box is a list of eight horizontal lines, each preceded by a small circle.



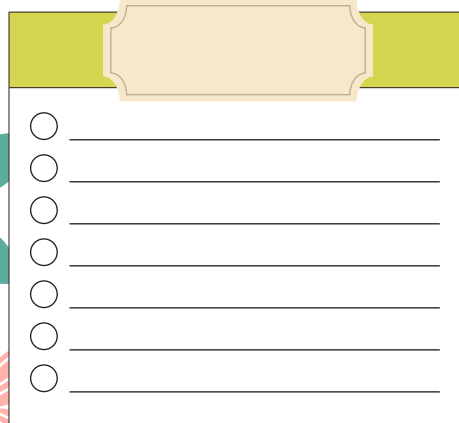
A rectangular card with a magenta header bar. Below the header is a small, empty, light beige rectangular box. Underneath this box is a list of eight horizontal lines, each preceded by a small circle.



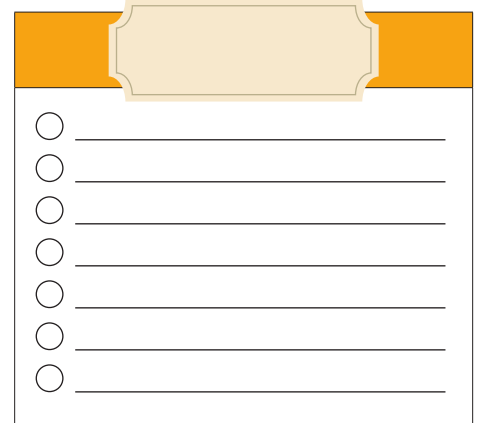
A rectangular card with a coral header bar. Below the header is a small, empty, light beige rectangular box. Underneath this box is a list of eight horizontal lines, each preceded by a small circle.



A rectangular card with a magenta header bar. Below the header is a small, empty, light beige rectangular box. Underneath this box is a list of eight horizontal lines, each preceded by a small circle.



A rectangular card with a light green header bar. Below the header is a small, empty, light beige rectangular box. Underneath this box is a list of eight horizontal lines, each preceded by a small circle.



A rectangular card with an orange header bar. Below the header is a small, empty, light beige rectangular box. Underneath this box is a list of eight horizontal lines, each preceded by a small circle.

# GROCERY LIST



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MEALS

# MONTHLY PLANNER

• MONTH OF •

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

# MEALS                      MONTHLY PLANNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

## SHOPPING LIST

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# WEEKLY MEALS & WORKOUT

• WEEK OF •

MON

TUE

WED

THU

FRI

SAT

SUN

BREAK  
FAST

LUNCH

DINNER

SNACKS

WORKOUT