

WEEKLY
meal planner

YUM
eating



SHOPPING
list

S

Lined area for writing the Sunday meal plan.

M

Lined area for writing the Monday meal plan.

T

Lined area for writing the Tuesday meal plan.

W

Lined area for writing the Wednesday meal plan.

T

Lined area for writing the Thursday meal plan.

F

Lined area for writing the Friday meal plan.

S

Lined area for writing the Saturday meal plan.

Large lined area for writing the shopping list.

notes

Lined area for writing notes.