

Weekly Meal Plan

WHAT'S COOKING?

breakfast lunch dinner

SUNDAY

breakfast lunch dinner

MONDAY

breakfast lunch dinner

TUESDAY

breakfast lunch dinner

WEDNESDAY

breakfast lunch dinner

THURSDAY

breakfast lunch dinner

FRIDAY




breakfast lunch dinner

SATURDAY

SHOPPING LIST

weekly meal plan

WEEK OF _____

sunday	monday	tuesday	wednesday	thursday	friday	saturday
						
						
						

shopping list

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____