

# MEAL PLAN

week of: \_\_\_\_\_

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>breakfast</i>	<i>breakfast</i>	<i>breakfast</i>	<i>breakfast</i>	<i>breakfast</i>	<i>breakfast</i>	<i>breakfast</i>
<i>lunch</i>	<i>lunch</i>	<i>lunch</i>	<i>lunch</i>	<i>lunch</i>	<i>lunch</i>	<i>lunch</i>
<i>dinner</i>	<i>dinner</i>	<i>dinner</i>	<i>dinner</i>	<i>dinner</i>	<i>dinner</i>	<i>dinner</i>

## SHOPPING LIST

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____