



Weekly Meal Plan

good food, planned with love

WEEK OF _____

BUDGET _____

breakfast

lunch

dinner

snacks

mon

tue

wed

thu

fri

sat

sun

grocery list

- | | |
|--------------------------------|--------------------------------|
| ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ |
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| ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ |

meal prep

- _____
- _____
- _____
- _____

notes

- _____
- _____
- _____
- _____