



Weekly Meal Planner

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

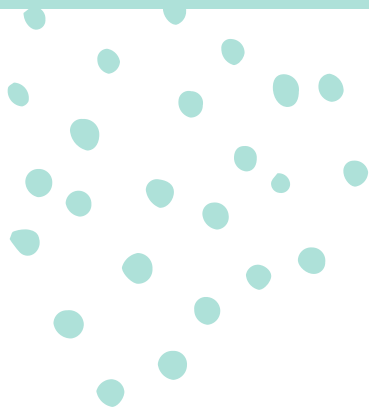
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GROCERY LIST

- ☐ Peas
- ☐ Carrots
- ☐ Broccoli
- ☐ Cucumber
- ☐ Tomato
- ☐ Beans
- ☐ Oranges
- ☐ Strawberries (or other berries)
- ☐ Avocado
- ☐ Banana
- ☐ Apple
- ☐ Melon
- ☐ Oats
- ☐ Bread
- ☐ Cheese
- ☐ Eggs
- ☐ Milk

EXTRAS



Day Planner

TODAYS DATE: _____



TODAY'S GOAL:



TO-DO LIST:



IMPORTANT NOTES: