

Meal Plan

Week of:



Monday

Tuesday

Wednesday

Thursday

Friday

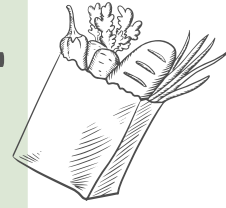
Saturday

Sunday

Meal Prep Plan:

Notes:

Shopping List



Produce

Meat/Dairy

Grocery