

weekly meal planner

SHOPPING LIST

MONDAY	BREAKFAST
	LUNCH
	DINNER
	SNACKS
	NOTES
TUESDAY	BREAKFAST
	LUNCH
	DINNER
	SNACKS
	NOTES
WEDNESDAY	BREAKFAST
	LUNCH
	DINNER
	SNACKS
	NOTES
THURSDAY	BREAKFAST
	LUNCH
	DINNER
	SNACKS
	NOTES
FRIDAY	BREAKFAST
	LUNCH
	DINNER
	SNACKS
	NOTES
SATURDAY	BREAKFAST
	LUNCH
	DINNER
	SNACKS
	NOTES
SUNDAY	BREAKFAST
	LUNCH
	DINNER
	SNACKS
	NOTES

Shopping list area with a vertical line and a dotted grid for notes.

NOTES

Dotted grid for additional notes.

W E E K L Y M E A L P L A N N E R

SHOPPING LIST

MONDAY	BREAKFAST	┌
	└
	LUNCH	┌
	└
	DINNER	┌
.....	└	
TUESDAY	DINNER	┌
	└
	SNACKS	┌
	└
	NOTES	┌
.....	└	
WEDNESDAY	BREAKFAST	┌
	└
	LUNCH	┌
	└
	DINNER	┌
.....	└	
THURSDAY	DINNER	┌
	└
	SNACKS	┌
	└
	NOTES	┌
.....	└	
FRIDAY	BREAKFAST	┌
	└
	LUNCH	┌
	└
	DINNER	┌
.....	└	
SATURDAY	DINNER	┌
	└
	SNACKS	┌
	└
	NOTES	┌
.....	└	
SUNDAY	BREAKFAST	┌
	└
	LUNCH	┌
	└
	DINNER	┌
.....	└	
	DINNER	┌
	└
	SNACKS	┌
	└
	NOTES	┌
.....	└	

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	LUNCH
	DINNER
	SNACKS
	NOTES
THURSDAY	BREAKFAST
	LUNCH
	DINNER
	SNACKS
	NOTES
FRIDAY	BREAKFAST
	LUNCH
	DINNER
	SNACKS
	NOTES
SATURDAY	BREAKFAST
	LUNCH
	DINNER
	SNACKS
	NOTES
SUNDAY	BREAKFAST
	LUNCH
	DINNER
	SNACKS
	NOTES

Shopping list area with checkboxes and dotted lines for each day's meals.

NOTES section with a grid of dotted lines for writing.

WEEKLY MEAL Planner [♡]

SHOPPING LIST

MONDAY	BREAKFAST
	LUNCH
	DINNER
	SNACKS
	NOTES
TUESDAY	BREAKFAST
	LUNCH
	DINNER
	SNACKS
	NOTES
WEDNESDAY	BREAKFAST
	LUNCH
	DINNER
	SNACKS
	NOTES
THURSDAY	BREAKFAST
	LUNCH
	DINNER
	SNACKS
	NOTES
FRIDAY	BREAKFAST
	LUNCH
	DINNER
	SNACKS
	NOTES
SATURDAY	BREAKFAST
	LUNCH
	DINNER
	SNACKS
	NOTES
SUNDAY	BREAKFAST
	LUNCH
	DINNER
	SNACKS
	NOTES

Shopping list area with horizontal lines and checkboxes for each day's meals.

NOTES

Area with a grid of dots for taking notes.