WEEKLY MEAL PLANNER

SIMPLIFY GROCERY SHOPPING & EAT HEALTHIER

SUNDAY

breakfast:
lunch:
dinner:
snack:

MONDAY

breakfast:
lunch:
dinner:
snack:

TUESDAY

breakfast:
lunch:
dinner:
snack:

WEDNESDAY

breakfast:
lunch:
dinner:
snack:

THURSDAY

breakfast:
lunch:
dinner:
snack:

FRIDAY

breakfast:
lunch:
dinner:
snack:

SATURDAY

breakfast:
lunch:
dinner:
snack:

NOTES

WEEKLY GROCERY LIST

AISLES

MEATS

COLD

VEGGIES