



Weekly Meal Plan

SUNDAY

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MONDAY

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TUESDAY

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L
D

WEDNESDAY

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D

THURSDAY

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D

FRIDAY

B
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D

SATURDAY

B
L
D

NOTES

SNACKS

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M
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W
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F
S



DAIRY

PRODUCE

MEAT

FROZEN

DRY GOODS

OTHER



Weekly Meal Plan

SUNDAY

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MONDAY

B

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D

TUESDAY

B

L

D

WEDNESDAY

B

L

D

THURSDAY

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FRIDAY

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D

SATURDAY

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D

NOTES

SNACKS

S

M

T

W

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F

S

grocery list

DAIRY

PRODUCE

MEAT

FROZEN

DRY GOODS

OTHER