## WEEKLY MEAL PLANNER

WEEK OF —

	BREAKFAST	LUNCH	DINNER	GROCERIES
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

## **GROCERY LIST**

Produce	Pantry
$\overline{\bigcirc}$	$\overline{\bigcirc}$
$\overline{\bigcirc}$	$\overline{\bigcirc}$
$\overline{\bigcirc}$	$\overline{\bigcirc}$
Ö	$\overline{\bigcirc}$
$\bigcirc$	$\bigcirc$
$\overline{\bigcirc}$	$\overline{\bigcirc}$
$\overline{\bigcirc}$	$\overline{\bigcirc}$
$\overline{\bigcirc}$	$\overline{\bigcirc}$
Dairy	
$\bigcirc$	O t h e r
$\bigcirc$	
$\overline{\bigcirc}$	$\overline{\bigcirc}$
$\overline{\bigcirc}$	$\overline{\bigcirc}$
Protein	$\overline{\bigcirc}$
$\bigcirc$	$\overline{\bigcirc}$
$\overline{\bigcirc}$	$\overline{\bigcirc}$
$\overline{\bigcirc}$	

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