Meal Plan

### MONDAY

- Breakfast -
- Lunch -
- Dinner -
- Snacks -

#### TUESDAY

Breakfast -

- Lunch -
- Dinner -
- Snacks -

#### WEDNESDAY

Breakfast -

- Lunch -
- Dinner -
- Snacks -

### THURSDAY

Breakfast -

- Lunch -
- Dinner -
- Snacks -

### FRIDAY

- Breakfast -
- Lunch -
- Dinner -
- Snacks -



# Meal Plan

Monday	Dairy	Grains
	-	-
Tuesday		
Wednesday	Frozen	Produce
Thursday		
Friday	Meat	Snack
Saturday		



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# Weekly Meal Plan

Monday	Week of:
Breakfast -	Week OI.
Lunch -	
Dinner -	
Snacks -	Grocery List
Tuesday	
Breakfast -	
Lunch -	
Dinner -	
Snacks -	
Wednesday	
Breakfast -	
Lunch -	
Dinner -	
Snacks -	
Thursday	
Breakfast -	
Lunch -	
Dinner -	
Snacks -	
Friday	
	Others:
Breakfast -	Others.
Lunch -	_
Dinner -	
Snacks -	
Holiday	•
Holiday	
Breakfast -	
Breakfast - Lunch -	
Breakfast -	

## **Meal Plan**

### MONDAY \_\_\_\_\_

- Breakfast -
- Lunch -
- Dinner -
- Snacks -

### TUESDAY

- Lunch -
- Dinner -
- Snacks -

### WEDNESDAY \_\_\_\_\_

Breakfast
Lunch
Dinner
Snacks

### THURSDAY\_\_\_\_\_

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Breakfast	-
Lunch	-
Dinner	-
Snacks	-

### FRIDAY \_\_\_\_\_

Breakfast -

- Lunch -
- Dinner -
- Snacks -



### WEEKLY MEAL PLAN

ΜΟΝ	SHOPPING LIST	
Breakfast /		
Lunch / Dinner /		
Diffier /		
TUE		
Breakfast /		
Lunch /		
Dinner /		
WED		
Breakfast /		
Lunch / Dinner /		
Dinner /		
тни		
Breakfast /		
Lunch / Dinner /		
FRI	N O T E S	
Breakfast /		
Lunch /	 	
Dinner /		
SAT		
Breakfast /		
Lunch /	 	
Dinner /	 	
S U N		
S U N Breakfast /		
Breakfast /		