

WEEKLY MEAL PLAN

WEEK OF:

SUNDAY
B
L
D

MONDAY
B
L
D

TUESDAY
B
L
D

WEDNESDAY
B
L
D

THURSDAY
B
L
D

FRIDAY
B

SHOPPING LIST	
DAIRY	PRODUCE
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

GRAINS	MEAT
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

FROZEN	MISC.
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Hey there! You've just downloaded a free sample of this planner template a.k.a. demo version.

Please [visit this page](#), to get watermark-free, print-ready PDF file with a template.

Thanks, Sydney

P.S. Why aren't the templates free? As you can see, I don't run ads on the website to keep its design clean and beautiful.

That's why your purchase of a template is a kind of donation that helps me keep the site running and cover the maintenance costs.

