

MEAL PLAN

WEEK 1

WEEK 2

WEEK 3

WEEK 4

MON

TUE

WED

THU

FRI

Dinner Menu

MONTHLY MEAL PLAN

Week 1

MON _____

TUE _____

WED _____

THU _____

FRI _____

SAT _____

SUN _____

Week 2

MON _____

TUE _____

WED _____

THU _____

FRI _____

SAT _____

SUN _____

Week 3

MON _____

TUE _____

WED _____

THU _____

FRI _____

SAT _____

SUN _____

Week 4

MON _____

TUE _____

WED _____

THU _____

FRI _____

SAT _____

SUN _____

Meal Planner

Month _____

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

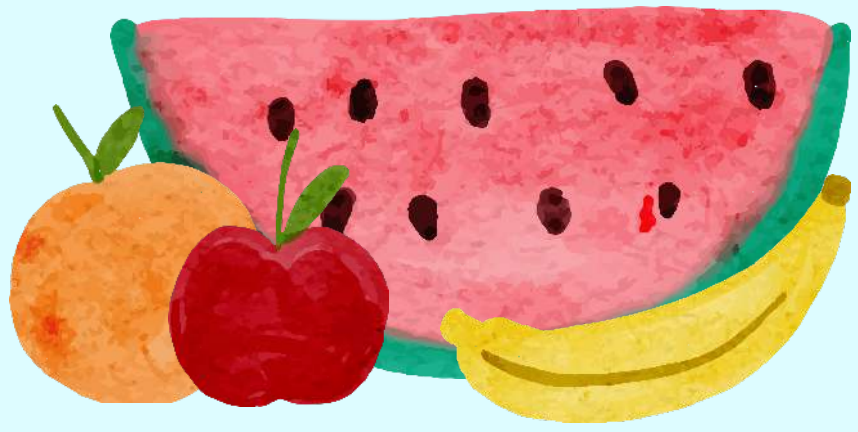
Monthly Meal Planner

Month

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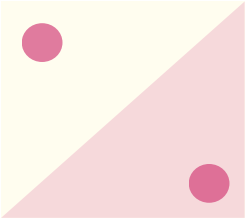







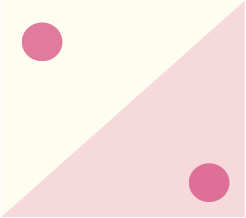







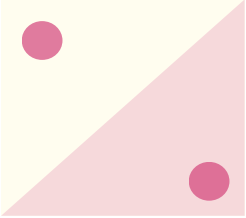






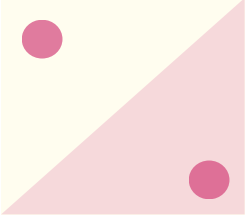







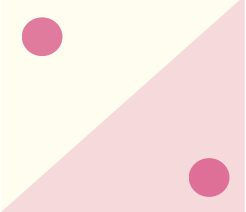

MENU

MEAL PLANNER



	WEEK 1	WEEK 2	WEEK 3	WEEK 4	
MON					
TUE					
WED					
THU					
FRI					

Monthly Meal Plan

Mon	Tues	Wed	Thurs	Fri	Sat / Sun
					  
					  
					  
					  
					  

New to Try

Shopping List

MONTHLY

menu

MONTH:

	monday	tuesday	wednesday	thursday	friday
WEEK 1					
WEEK 2					
WEEK 3					
WEEK 4					
WEEK 5					

MENU PLANNER

MONTH: _____

YEAR: _____

SUN	MON	TUE	WED	THU	FRI	SAT

APPOINTMENTS	NOTE
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