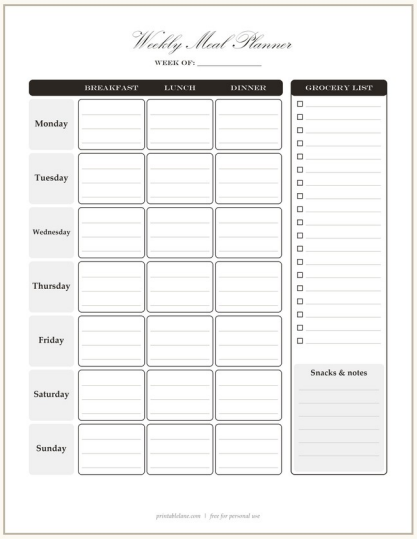
FREE PRINTABLE

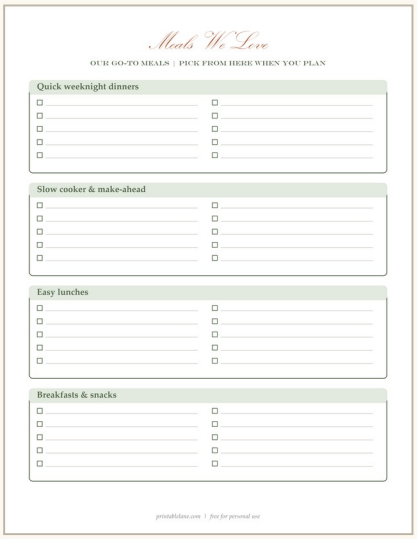
Weekly Meal PLANNER KIT













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Weekly Meal Planner

WEEK OF: _____

	BREAKFAST	LUNCH	DINNER
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

GROCERY LIST

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
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- ☐ _____
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- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Snacks & notes

Weekly Meal Planner

WEEK OF: _____

	BREAKFAST	LUNCH	DINNER
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

GROCERY LIST

- ☐ _____
- ☐ _____
- ☐ _____
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- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Snacks & notes

Grocery List

SHOP BY SECTION | TICK IT OFF AS YOU GO

Produce

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Dairy & Eggs

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Meat & Fish

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Bakery

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Pantry

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Frozen

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Drinks

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Household

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

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Monthly Dinner Planner

MONTH: _____

MON	TUE	WED	THU	FRI	SAT	SUN

Meals We Love

OUR GO-TO MEALS | PICK FROM HERE WHEN YOU PLAN

Quick weeknight dinners

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Slow cooker & make-ahead

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Easy lunches

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Breakfasts & snacks

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Recipe Cards

CUT ALONG THE DASHED LINES

Recipe: _____

Serves: _____ Prep: _____ Cook: _____

Ingredients

Directions

Recipe: _____

Serves: _____ Prep: _____ Cook: _____

Ingredients

Directions