



WEEKLY MEAL PLAN

Date _____

Meals

Shopping List

MONDAY	BREAKFAST		<input type="checkbox"/>	_____
	LUNCH		<input type="checkbox"/>	_____
	DINNER		<input type="checkbox"/>	_____
TUESDAY	BREAKFAST		<input type="checkbox"/>	_____
	LUNCH		<input type="checkbox"/>	_____
	DINNER		<input type="checkbox"/>	_____
WEDNESDAY	BREAKFAST		<input type="checkbox"/>	_____
	LUNCH		<input type="checkbox"/>	_____
	DINNER		<input type="checkbox"/>	_____
THURSDAY	BREAKFAST		<input type="checkbox"/>	_____
	LUNCH		<input type="checkbox"/>	_____
	DINNER		<input type="checkbox"/>	_____
FRIDAY	BREAKFAST		<input type="checkbox"/>	_____
	LUNCH		<input type="checkbox"/>	_____
	DINNER		<input type="checkbox"/>	_____
SATURDAY	BREAKFAST		<input type="checkbox"/>	_____
	LUNCH		<input type="checkbox"/>	_____
	DINNER		<input type="checkbox"/>	_____
SUNDAY	BREAKFAST		<input type="checkbox"/>	_____
	LUNCH		<input type="checkbox"/>	_____
	DINNER		<input type="checkbox"/>	_____



WEEKLY MEAL PLAN

Date _____

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

SATURDAY

Breakfast	Lunch	Dinner	Snacks

SUNDAY

Breakfast	Lunch	Dinner	Snacks

