

# Weekly Meal Plan

Week of: \_\_\_\_\_

## Shopping List

### Monday

|            |
|------------|
| Breakfast: |
| Lunch:     |
| Dinner:    |

### Tuesday

|            |
|------------|
| Breakfast: |
| Lunch:     |
| Dinner:    |

### Wednesday

|            |
|------------|
| Breakfast: |
| Lunch:     |
| Dinner:    |

### Thursday

|            |
|------------|
| Breakfast: |
| Lunch:     |
| Dinner:    |

### Friday

|            |
|------------|
| Breakfast: |
| Lunch:     |
| Dinner:    |

### Saturday

|            |
|------------|
| Breakfast: |
| Lunch:     |
| Dinner:    |

### Sunday

|            |
|------------|
| Breakfast: |
| Lunch:     |
| Dinner:    |

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