





MEAL PLANNER

WEEK OF _____

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| <div></div> <div>BREAKFAST</div> | <div><input type="checkbox"/></div> | <div><input type="checkbox"/></div> | <div><input type="checkbox"/></div> | <div><input type="checkbox"/></div> | <div><input type="checkbox"/></div> | <div><input type="checkbox"/></div> | <div><input type="checkbox"/></div> |
| <div></div> <div>LUNCH</div> | <div><input type="checkbox"/></div> | <div><input type="checkbox"/></div> | <div><input type="checkbox"/></div> | <div><input type="checkbox"/></div> | <div><input type="checkbox"/></div> | <div><input type="checkbox"/></div> | <div><input type="checkbox"/></div> |
| <div></div> <div>DINNER</div> | <div><input type="checkbox"/></div> | <div><input type="checkbox"/></div> | <div><input type="checkbox"/></div> | <div><input type="checkbox"/></div> | <div><input type="checkbox"/></div> | <div><input type="checkbox"/></div> | <div><input type="checkbox"/></div> |
| <div></div> <div>SNACKs</div> | <div><input type="checkbox"/></div> | <div><input type="checkbox"/></div> | <div><input type="checkbox"/></div> | <div><input type="checkbox"/></div> | <div><input type="checkbox"/></div> | <div><input type="checkbox"/></div> | <div><input type="checkbox"/></div> |

WHAT WE NEED FROM THE STORE:

| | | | |
|-------|-------|-------|-------|
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
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| _____ | _____ | _____ | _____ |