Weekly Meal Planner

Things to consider:

- Check what you have in the pantry, refrigerator and freezer. Can you build any meals around what you already have on hand?
- What's your schedule like this week? Do you have any meals already scheduled? Client lunches? Dinners with friends? Make sure to put these things on your plan so you don't buy food that will just go to waste!
- Will you have leftovers from any of your recipes? Can you double any of your recipes or repurpose any dishes to cut down on your cooking time?

MONDAY
Breakfast:
Lunch:
Dinner:
Snacks:

FRIDAY
Breakfast:
Lunch:
Dinner:
Snacks:

TUESDAY
Breakfast:
Lunch:
Dinner:
Snacks:

SATURDAY
Breakfast:
Lunch:
Dinner:
Snacks:

WEDNESDAY
Breakfast:
Lunch:
Dinner:
Snacks:

SUNDAY
Breakfast:
Lunch:
Dinner:
Snacks:

THURSDAY
Breakfast:
Lunch:
Dinner:
Snacks:

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Grocery List

PRODUCE

DAIRY

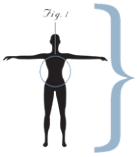
PROTEIN

BEANS/LENTILS

WHOLE GRAINS

HERBS/SPICES

OTHER



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