

WEEKLY MEAL PLANNER

>	BREAKFAST	
MONDAY	LUNCH	
Σ	DINNER	
	BREAKFAST	
TUESDAY	LUNCH	
F	DINNER	
DAY	BREAKFAST	
WEDNESDAY	LUNCH	
×	DINNER	
<u> </u>	BREAKFAST	
THURSDAY	LUNCH	
<u></u>	DINNER	
	BREAKFAST	
FRIDAY	LUNCH	
	DINNER	
SATURDAY	BREAKFAST	
	LUNCH	
/s 	DINNER	
>	BREAKFAST	
SUNDAY	LUNCH	
	DINNER	

GROCERY LIST

