



WEEKLY Meal Planner

♥ Plan it. Shop it. Cook it. Love it. ♥



WEEK OF: _____

	 BREAKFAST	 LUNCH	 DINNER	 SNACKS
MON 				
TUE 				
WED 				
THU 				
FRI 				
SAT 				
SUN 				

SHOPPING LIST ♥

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



WEEKLY GOALS ♥

- ♥
- ♥
- ♥
- ♥
- ♥



LEFTOVERS PLAN ♥

What will we repurpose?

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NOTES ♥

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