

WEEKLY MEAL PLANNER

Week of: ___/___/___ Plan your meals, reduce food waste, and save money.

Breakfasts	#	Lunches	#	Dinners	#	Snacks	#	Grocery Est.	\$

Meal (B/L/D/S)	Recipe / Description	Prep Time	Cook Time	Ingredients Needed
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MONDAY & TUESDAY

WEDNESDAY & THURSDAY

FRIDAY & SATURDAY

SUNDAY & SNACKS

GROCERY / PREP
