

# weekly meal planner

FOR THE WEEK OF: \_\_\_\_\_

| SUNDAY    | SHOPPING LIST            |
|-----------|--------------------------|
| B         | <input type="checkbox"/> |
| L         | <input type="checkbox"/> |
| D         | <input type="checkbox"/> |
| MONDAY    | <input type="checkbox"/> |
| B         | <input type="checkbox"/> |
| L         | <input type="checkbox"/> |
| D         | <input type="checkbox"/> |
| TUESDAY   | <input type="checkbox"/> |
| B         | <input type="checkbox"/> |
| L         | <input type="checkbox"/> |
| D         | <input type="checkbox"/> |
| WEDNESDAY | <input type="checkbox"/> |
| B         | <input type="checkbox"/> |
| L         | <input type="checkbox"/> |
| D         | <input type="checkbox"/> |
| THURSDAY  | <input type="checkbox"/> |
| B         | <input type="checkbox"/> |
| L         | <input type="checkbox"/> |
| D         | <input type="checkbox"/> |
| FRIDAY    | <input type="checkbox"/> |
| B         | <input type="checkbox"/> |
| L         | <input type="checkbox"/> |
| D         | <input type="checkbox"/> |
| SATURDAY  | <input type="checkbox"/> |
| B         | <input type="checkbox"/> |
| L         | <input type="checkbox"/> |
| D         | <input type="checkbox"/> |