

# WEEKLY MEAL PLAN

MONDAY

B .....  
 L .....  
 D .....

TUESDAY

B .....  
 L .....  
 D .....

WEDNESDAY

B .....  
 L .....  
 D .....

THURSDAY

B .....  
 L .....  
 D .....

FRIDAY

B .....  
 L .....  
 D .....

SATURDAY

B .....  
 L .....  
 D .....

SUNDAY

B .....  
 L .....  
 D .....

## SHOPPING LIST

DAIRY

PRODUCE

GRAINS

FROZEN + MEAT

PANTRY

MISC.

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