



This is a real time saver and can take as little as a half hour each week to work out your meals on this planner. You'll also find you can whip through your shopping in half the time it usually takes. And if you hold onto your plans, you can refer back to them for ideas.

WEEKLY MEAL PLANNING TEMPLATE

	Breakfast	Lunch	Dinner	Snacks	SHOPPING
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

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