

*weekly*  
**MEAL PLAN**

**WEEK OF:**

*Monday*

*Tuesday*

*Wednesday*

*Thursday*

*Friday*

*Saturday*

*Sunday*

**BREAKFAST IDEAS**

**SNACK IDEAS**

**LUNCHESES**

*weekly*

# SHOPPING LIST

WEEK OF:

A large, empty rectangular box with a thin grey border, occupying most of the page. It is intended for the user to write their weekly shopping list.