



MY MEAL PLANNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
SNACKS	SNACKS	SNACKS	SNACKS	SNACKS	SNACKS	SNACKS



Idea: use this tool to brainstorm ideas of what you want to cook or eat each week. This can help you prepare and shop for what you need.