MEAL PLANNER WITH GROCERY LIST

Keep the weekly menu and shopping list together.

US LETTER

DAY	MEAL PLAN
MON	
TUE	
WED	
THU	
FRI	
SAT	
SUN	

PRODUCE

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

PANTRY

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

PROTEIN

- [ ]
- [ ]
- [ ]
- [ ]
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- [ ]

DAIRY

- [ ]
- [ ]
- [ ]
- [ ]
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- [ ]

FROZEN

- [ ]
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- [ ]

OTHER

- [ ]
- [ ]
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- [ ]

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A4

DAY	MEAL PLAN
MON	
TUE	
WED	
THU	
FRI	
SAT	
SUN	

PRODUCE

PANTRY

PROTEIN

DAIRY

FROZEN

OTHER