MEAL PLANNER + SHOPPING LIST

Plan the week, then tear off one organized shopping list.

US LETTER

DAY	MEALS
MON	
TUE	
WED	
THU	
FRI	
SAT	
SUN	

CUT OR TEAR HERE

PRODUCE

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PROTEIN

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PANTRY

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FROZEN

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DAY	MEALS
MON	
TUE	
WED	
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PRODUCE

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PROTEIN

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