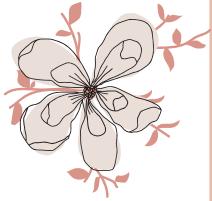


WEEKLY *Meal* PLAN

MONTH:
WEEK :



Shopping LIST

	BREAKFAST	LUNCH	DINNER	
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				