

# Weekly Meal Plan



**Monday**

**Tuesday**

**Friday**

**Saturday**

*Week of:* \_\_\_\_\_

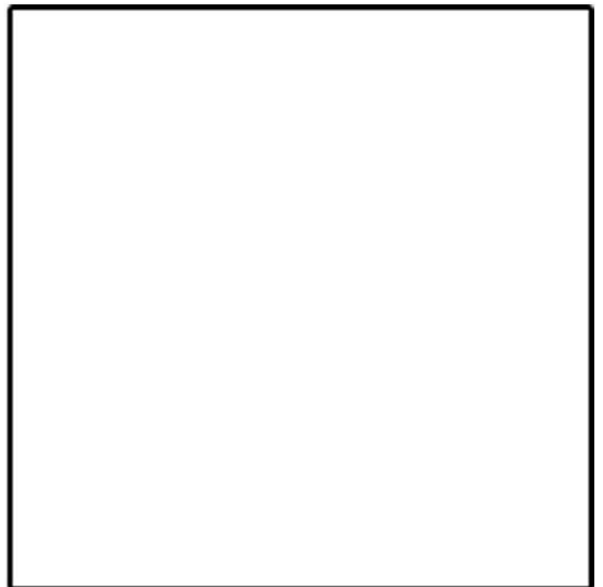
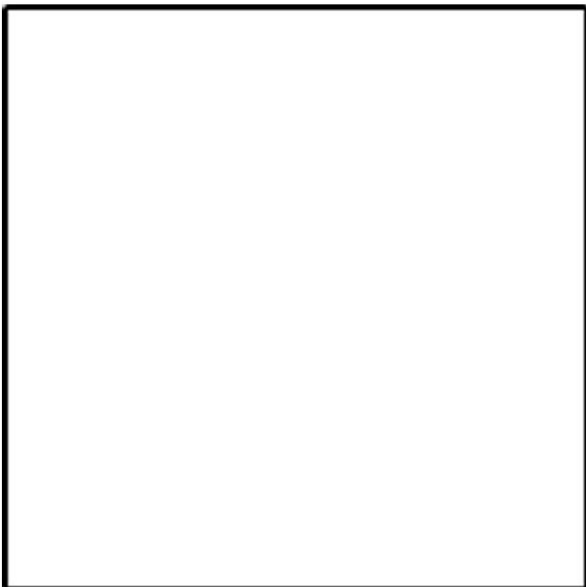
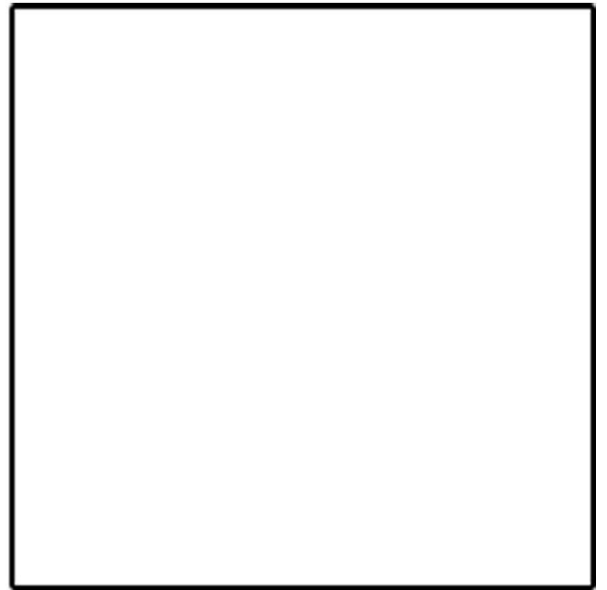
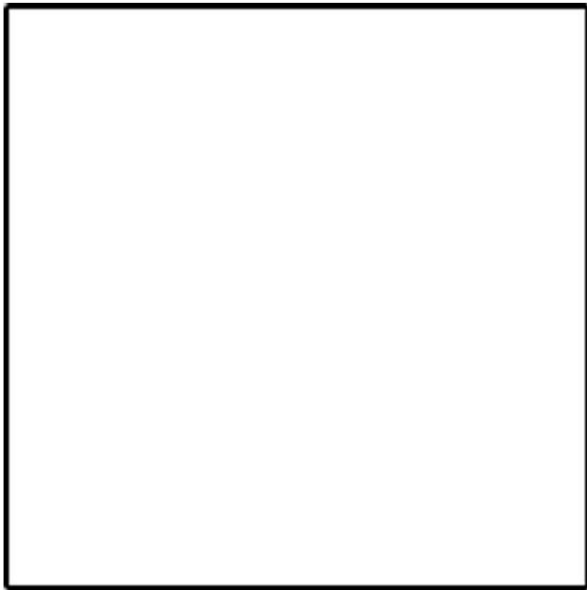
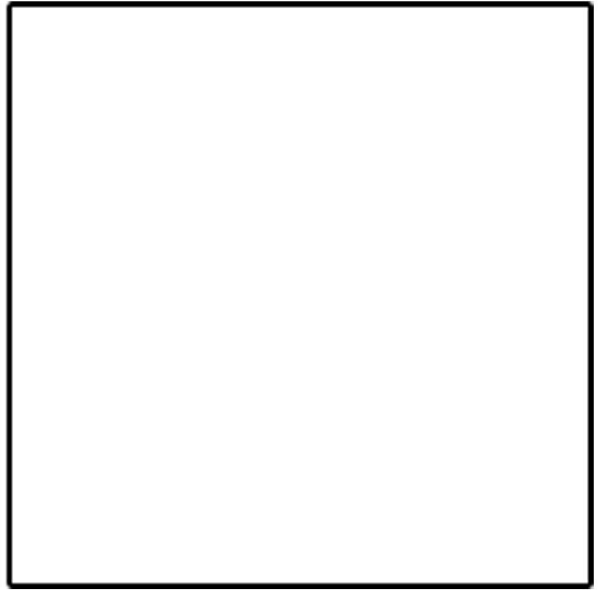
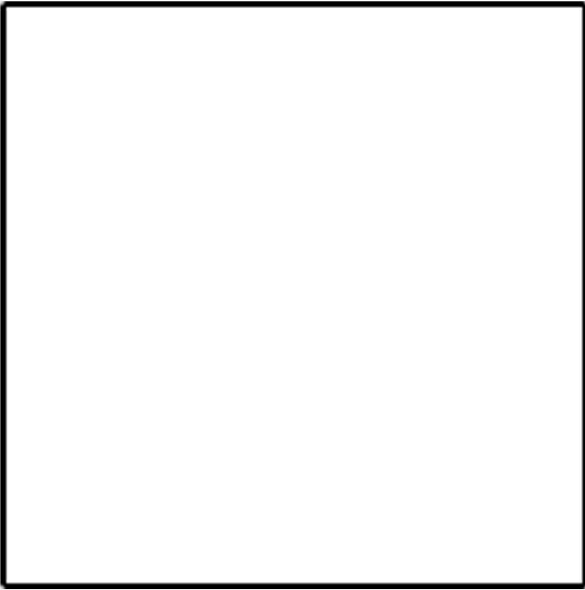


**Wednesday**

**Thursday**

**Sunday**

*Notes:*



*entree:* \_\_\_\_\_

\_\_\_\_\_

*sides:* \_\_\_\_\_

\_\_\_\_\_

*recipe(s):* \_\_\_\_\_

\_\_\_\_\_

*entree:* \_\_\_\_\_

\_\_\_\_\_

*sides:* \_\_\_\_\_

\_\_\_\_\_

*recipe(s):* \_\_\_\_\_

\_\_\_\_\_

*entree:* \_\_\_\_\_

\_\_\_\_\_

*sides:* \_\_\_\_\_

\_\_\_\_\_

*recipe(s):* \_\_\_\_\_

\_\_\_\_\_

*entree:* \_\_\_\_\_

\_\_\_\_\_

*sides:* \_\_\_\_\_

\_\_\_\_\_

*recipe(s):* \_\_\_\_\_

\_\_\_\_\_

*entree:* \_\_\_\_\_

\_\_\_\_\_

*sides:* \_\_\_\_\_

\_\_\_\_\_

*recipe(s):* \_\_\_\_\_

\_\_\_\_\_

*entree:* \_\_\_\_\_

\_\_\_\_\_

*sides:* \_\_\_\_\_

\_\_\_\_\_

*recipe(s):* \_\_\_\_\_

\_\_\_\_\_