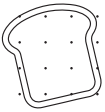
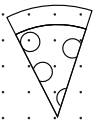
meal planner





MONDAY
B:
L:
D:
SNACKS:

TUESDAY
B:
L:
D:
SNACKS:

WEDNESDAY
B:
L:
D:
SNACKS:

THURSDAY
B:
L:
D:
SNACKS:

FRIDAY
B:
L:
D:
SNACKS:

SATURDAY
B:
L:
D:
SNACKS:

SUNDAY
B:
L:
D:
SNACKS:

FOOD GOALS

INGREDIENTS ON HAND

GROCERY LIST

BUDGET:

printabulls