FAMILY MEAL BOOK

Plan Your Weekly Meals

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Words to Keep

"A written shopping list is the cheapest diet plan there is."

"Meal planning is cooking with intention instead of reaction."

Week 1

Day	Breakfast	Lunch	Dinner	Snacks
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Shopping List:

Tip: Plan snacks in advance

Week 2

Day	Breakfast	Lunch	Dinner	Snacks
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Shopping List:

Tip: Meal prep on Sunday

Week 3

Day	Breakfast	Lunch	Dinner	Snacks
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Shopping List:

Tip: Include a protein in every meal

Week 4

Day	Breakfast	Lunch	Dinner	Snacks
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Shopping List:

Tip: Try a recipe from another culture

Week 5

Day	Breakfast	Lunch	Dinner	Snacks
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Shopping List:

Tip: Use leftovers creatively

Week 6

Day	Breakfast	Lunch	Dinner	Snacks
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Shopping List:

Tip: Include a protein in every meal

Week 7

Day	Breakfast	Lunch	Dinner	Snacks
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Shopping List:

Tip: Use leftovers creatively

Week 8

Day	Breakfast	Lunch	Dinner	Snacks
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Shopping List:

Tip: Plan snacks in advance

About This Printable

FAMILY MEAL BOOK

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Please do not resell it.

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