

Meal Planner

@SMARTGIRLSTUDY

MONDAY	BREAKFAST:
	LUNCH:
	DINNER:
	SNACK:
TUESDAY	BREAKFAST:
	LUNCH:
	DINNER:
	SNACK:
WEDNESDAY	BREAKFAST:
	LUNCH:
	DINNER:
	SNACK:
THURSDAY	BREAKFAST:
	LUNCH:
	DINNER:
	SNACK:

FRIDAY	BREAKFAST:
	LUNCH:
	DINNER:
	SNACK:
SATURDAY	BREAKFAST:
	LUNCH:
	DINNER:
	SNACK:
SUNDAY	BREAKFAST:
	LUNCH:
	DINNER:
	SNACK:

SHOPPING LIST:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

BUDGET: \$