

# weekly menu planner

week of: \_\_\_\_\_

|            | breakfast | lunch | dinner | shopping list |
|------------|-----------|-------|--------|---------------|
| monday:    |           |       |        |               |
| tuesday:   |           |       |        |               |
| wednesday: |           |       |        |               |
| thursday:  |           |       |        |               |
| friday:    |           |       |        |               |
| saturday:  |           |       |        |               |
| sunday:    |           |       |        |               |
| notes:     |           |       |        |               |