

# MEAL PLAN

MONTH: \_\_\_\_\_

WEEK: \_\_\_\_\_

MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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SATURDAY

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SUNDAY

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NOTE

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# Grocery List

|                       |                              |
|-----------------------|------------------------------|
| Fruits and Vegetables | Dairy and Bakery             |
|                       |                              |
| Meat and Deli         | Cans and Bulk                |
|                       |                              |
| Prepackaged Food      | Toiletries and Home Supplies |
|                       |                              |
| Other                 |                              |
|                       |                              |