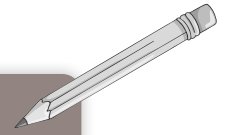


weekly meal planner



grocery list

sunday:

monday:

tuesday:

wednesday:

thursday:

friday:

saturday:

fruits & vegetables:

grains:

meat & seafood:

pantry:

frozen:

dairy & eggs: