



# WEEKLY MEAL MENU PLANNER

Meals for the week and items I will need. Week starting: \_\_\_\_\_

Instructions: If you are dining out, check the box. Otherwise enter the meal plan for the day and below, any items you may need to buy.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Lunch</b>	<input type="checkbox"/> Dining out!	<input type="checkbox"/> Dining out!	<input type="checkbox"/> Dining out!	<input type="checkbox"/> Dining out!	<input type="checkbox"/> Dining out!
<b>Dinner</b>	<input type="checkbox"/> Dining out!	<input type="checkbox"/> Dining out!	<input type="checkbox"/> Dining out!	<input type="checkbox"/> Dining out!	<input type="checkbox"/> Dining out!

## QUICK SHOPPING LIST

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Find more printables at <http://crisbelladesigns.com/printables>