

Weekly Meal Planner

Fill me in on Sunday (15 minutes) - then shop once from the list.

Monday

Pasta night

Dinner _____

Request _____

Tuesday

Veggie night

Dinner _____

Request _____

Wednesday

Rice bowl night

Dinner _____

Request _____

Thursday

Leftovers remix

Dinner _____

Request _____

Friday

Taco / wrap night

Dinner _____

Request _____

Saturday

Kids-cook night

Dinner _____

Request _____

Sunday

Roast or soup night

Dinner _____

Request _____

Grocery list

- ☐ _____
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