

Weekly Meal Planner

M O N D A Y	Breakfast	Snack	Lunch	Snack	Dinner	Shopping List
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T U E S D A Y	Breakfast	Snack	Lunch	Snack	Dinner	Shopping List
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W E D N E S D A Y	Breakfast	Snack	Lunch	Snack	Dinner	Shopping List
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Tips:

1. Have quick to cook options in the house at all times (this does not have to be unhealthy)
2. Check each day to see if you have covered all food groups in the plan
3. Eat fresh and every day eat something red, green and orange
4. Weekends should involve time out with the family – cooking treats together – sharing love over food

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T H U R S D A Y	Breakfast	Snack	Lunch	Snack	Dinner	Shopping List
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F R I D A Y	Breakfast	Snack	Lunch	Snack	Dinner	Shopping List
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F U N D A Y S	Breakfast (in or out)	Snack (what to bake)	Lunch (something fresh)	Snack (café treat)	Dinner (in or out)	Shopping List
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