

WEEKLY MEAL PLAN

Monday	Ideas
Tuesday	Shopping List
	<ul style="list-style-type: none"> •
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Wednesday	<ul style="list-style-type: none"> •
	<ul style="list-style-type: none"> •
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Thursday	<ul style="list-style-type: none"> •
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	<ul style="list-style-type: none"> •
	<ul style="list-style-type: none"> •
Friday	Snacks
Saturday	Notes
Sunday	

RECIPE NAME

SERVES:

PREP TIME:

COOK TIME:

RECIPE OVERVIEW

INGREDIENTS

METHOD