Meal Planner

ONE PAGE PRINTABLE PDF

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Dinner							
Breakfast							
Prep							

Treat meal

Prep ahead

Water

Leftovers

Meal Planner



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GROCERY LIST

- Lentils
- Eggs
- Salmon
- Apples
- Berries
- Zucchini
- Kale
- Cucumber
- Olive oil
- Brown rice
- Beans
- Oats
- Greek yoghurt
- Blueberries
- Pumpkin seeds
- Kimchi
- Herbs
- Miso
- Spinach
- Tofu

Drinks

Pantry

Frozen

Snacks