

# Weekly Meal Planner

Week of: \_\_\_\_\_

**THIS WEEK'S** \_\_\_\_\_

	BREAKFAST	LUNCH	DINNER	SNACKS
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

NOTES: \_\_\_\_\_

# Grocery List

Week of: \_\_\_\_\_

## PRODUCE

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## PANTRY & GRAINS

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## PROTEINS

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## FROZEN

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## DAIRY & EGGS

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## OTHER

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## PREP DAY CHECKLIST

- Wash and chop vegetables
- Cook grains (rice, quinoa, pasta)
- Portion out snacks
- Marinate proteins
- Prep overnight oats / smoothie bags
- Store everything in airtight containers