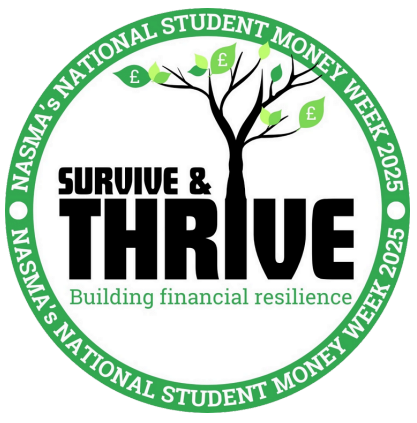


# Weekly Meal Planner



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**Sunday**

**Shopping List**

**What's in the fridge/freezer?**

**What needs using up?**