

weekly

# Meal

planner



Sunday

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Monday

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Tuesday

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Wednesday

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Thursday

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Friday

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Saturday

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## Grocery List

for the week of: \_\_\_\_\_

Fruits. Vegetables. Fresh Herbs

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Meat. Fish. Poultry.

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Cans. Oil. Spices. Flour. Sugar.

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Breads. Beverages. Frozen Foods.

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Household. Cleaning. Toiletries.

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Miscellaneous

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