



# WEEKLY MEAL PLAN

WEEK STARTING \_\_\_\_\_ GOAL \_\_\_\_\_ BUDGET \$ \_\_\_\_\_

|           | BREAKFAST | LUNCH | DINNER |
|-----------|-----------|-------|--------|
| Monday    |           |       |        |
| Tuesday   |           |       |        |
| Wednesday |           |       |        |
| Thursday  |           |       |        |
| Friday    |           |       |        |
| Saturday  |           |       |        |
| Sunday    |           |       |        |

## Shopping List

|                                |                                |                                |
|--------------------------------|--------------------------------|--------------------------------|
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**FREE sample from the Weekly Meal Planner by Eva Riazati**

Get the full 52-week planner on Amazon • [www.TastyHomemadeRecipes.com](http://www.TastyHomemadeRecipes.com)