

# MY WEEKLY MEAL PLANNER

## SNACKS

M	_____
T	-----
W	_____
T	-----
F	_____
S	-----
S	_____

## MAINS

M	_____
T	-----
W	_____
T	-----
F	_____
S	-----
S	_____

### Shopping List:

POULTRY	DAIRY	FROM THE SEA	PANTRY	OTHER

EQUIPMENT AND APPLIANCES	TO FREEZE

### Notes:

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# BON APPÉTIT

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