



dinner: the main meal
of the day served in the
evening or at midday



Weekly Meal Planner



DAY/MEAL PLAN

sunday

Four horizontal lines for meal planning on Sunday, with a dotted line above the first line.

monday

Four horizontal lines for meal planning on Monday, with a dotted line above the first line.

tuesday

Four horizontal lines for meal planning on Tuesday, with a dotted line above the first line.

wednesday

Four horizontal lines for meal planning on Wednesday, with a dotted line above the first line.

thursday

Four horizontal lines for meal planning on Thursday, with a dotted line above the first line.

friday

Four horizontal lines for meal planning on Friday, with a dotted line above the first line.

saturday

Four horizontal lines for meal planning on Saturday, with a dotted line above the first line.

GROCERY LIST

Multiple horizontal lines for writing a grocery list, separated by a vertical dotted line from the meal plan section.

planned

with

LOVE