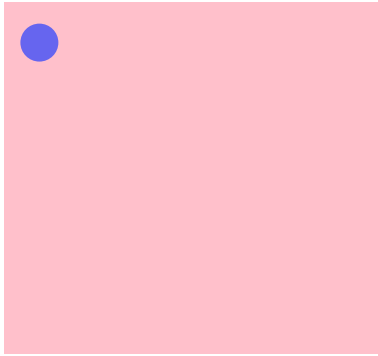
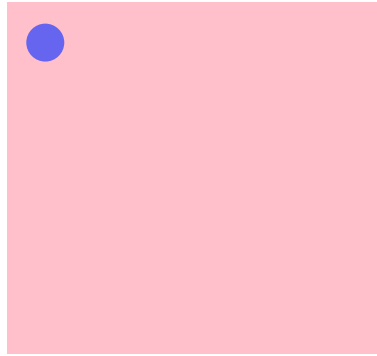


# Weekly MEAL PLAN

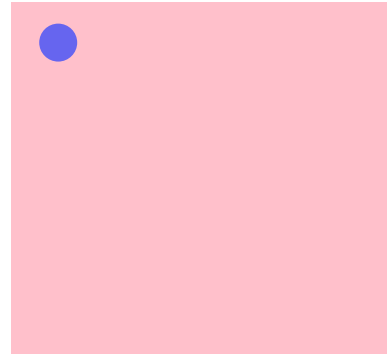
**Mon**



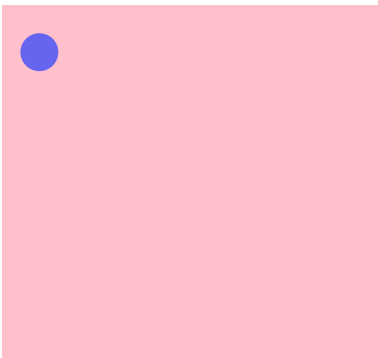
**Tues**



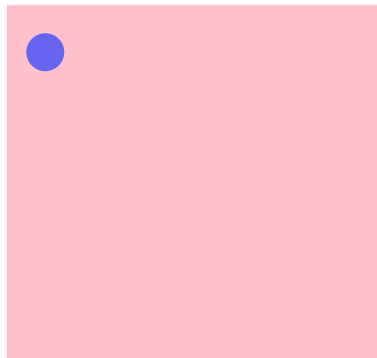
**Wed**



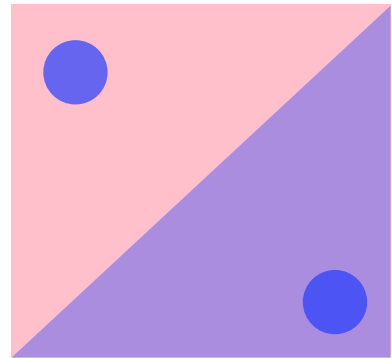
**Thurs**



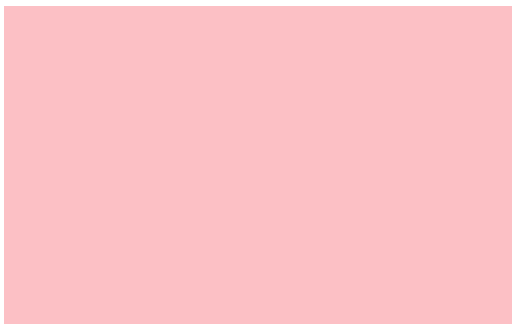
**Fri**



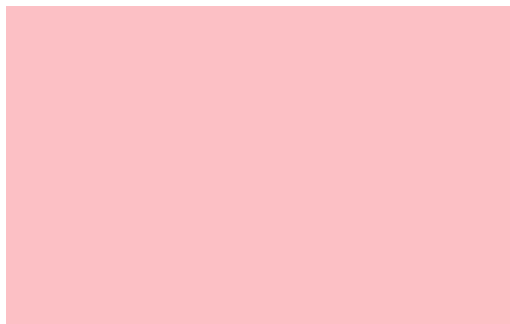
**Sat / Sun**



**Toddler snacks**



**Adult snacks**



**Lunches**



**Leftovers**



# Monthly Meal Plan

Mon	Tues	Wed	Thurs	Fri	Sat / Sun
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●

## Notes

## Shopping List