	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							
Snack							

Grocery list:

Produce	Meat, Seafood, Dairy, Eggs	Spices & Seasonings	Pantry & Other

Meal Planning & Prep Template

Game Plan:

- Saturday: Grocery shop.
- Sunday: Meal prep.
 - 1. Make first recipe.
 - 2. Make second recipe.
 - 3. Make third recipe.

Notes:			

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Week of: