

Weekly Meal Planner

Choose simple suppers. Leave room for leftovers and changed plans.

WEEK OF _____	NOTES FOR THIS WEEK _____
Sunday	Supper: _____ _____
Monday	Supper: _____ _____
Tuesday	Supper: _____ _____
Wednesday	Supper: _____ _____
Thursday	Supper: _____ _____
Friday	Supper: _____ _____
Saturday	Supper: _____ _____

PREP AHEAD / USE FIRST

