

The Meal Planner

www.thehappierhomemaker.com

TO EAT

SHOPPING LIST

Sunday

Breakfast:
Snack:
Lunch:
Snack:
Dinner:

Monday

Breakfast:
Snack:
Lunch:
Snack:
Dinner:

Tuesday

Breakfast:
Snack:
Lunch:
Snack:
Dinner:

Wednesday

Breakfast:
Snack:
Lunch:
Snack:
Dinner:

Thursday

Breakfast:
Snack:
Lunch:
Snack:
Dinner:

Friday

Breakfast:
Snack:
Lunch:
Snack:
Dinner:

Saturday

Breakfast:
Snack:
Lunch:
Snack:
Dinner: