



# MY MEAL PLANNING GUIDE



BRAINSTORMING  
MEAL IDEAS

# BRAINSTORM

FOR THE WEEK OF:

BREAKFAST

A thick, curved yellow brushstroke with a textured, painterly appearance, positioned behind the 'BREAKFAST' label.

LUNCH

A thick, curved yellow brushstroke with a textured, painterly appearance, positioned behind the 'LUNCH' label.

DINNER

A thick, curved yellow brushstroke with a textured, painterly appearance, positioned behind the 'DINNER' label.

SNACKS

A thick, curved yellow brushstroke with a textured, painterly appearance, positioned behind the 'SNACKS' label.

# BRAINSTORM

FOR THE WEEK OF:

**BREAKFAST**

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**LUNCH**

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**SNACKS**

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# B R A I N S T O R M

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PLANNING  
MEAL LINEUP

# MEAL PLAN

FOR THE WEEK OF:

	BREAKFAST	LUNCH	DINNER	SNACK
M				
T				
W				
T				
F				
S				
S				

# MEAL PLAN

FOR THE WEEK OF:

	BREAKFAST	LUNCH	DINNER	SNACK
M				
T				
W				
T				
F				
S				
S				

# MEAL PLAN

FOR THE WEEK OF:

	BREAKFAST	LUNCH	DINNER	SNACK
M				
T				
W				
T				
F				
S				
S				

# MEAL PLAN

FOR THE WEEK OF:

	BREAKFAST	LUNCH	DINNER	SNACK
M				
T				
W				
T				
F				
S				
S				



# SHOPPING

## GROCERY LIST

# GROcery LIST

## FOR THE WEEK OF:

[illegible]

# GROcery LIST

FOR THE WEEK OF:

[illegible]

# GROCERY LIST

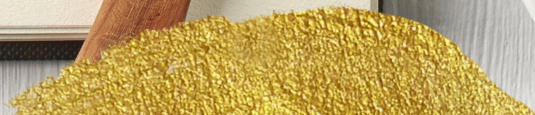
## FOR THE WEEK OF:

[illegible]

# GROCERY LIST

FOR THE WEEK OF:

[illegible]



# RECIPES

MY CREATIONS

# RECIPE NAME

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SERVING SIZE

PREP TIME

COOK TIME

INGREDIENTS

INSTRUCTIONS

NOTES

# RECIPE NAME

---

SERVING SIZE

PREP TIME

COOK TIME

INGREDIENTS

INSTRUCTIONS

NOTES

# RECIPE NAME

---

SERVING SIZE

PREP TIME

COOK TIME

INGREDIENTS

INSTRUCTIONS

NOTES

# RECIPE NAME

---

SERVING SIZE

PREP TIME

COOK TIME

INGREDIENTS

INSTRUCTIONS

NOTES