

For the week of:

weekly meal prep

| SUN | SAT | FRI | THURS | WEDS | TUES | MON |
|-----|-----|-----|-------|------|------|-----|
| B   | B   | B   | B     | B    | B    | B   |
| L   | L   | L   | L     | L    | L    | L   |
| D   | D   | D   | D     | D    | D    | D   |
| S   | S   | S   | S     | S    | S    | S   |



## SHOPPING LIST

This image shows a vertical rectangular sheet of white paper with horizontal black ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it is resting on a surface.