

Meal PLANNER

WEEK OF: December 5-9, 2022

| | Breakfast | Lunch | Dinner | Snacks |
|-----------|--|---------------|------------------------|---------|
| Monday | Scrambled egg Toasted bread Coffee | Pasta | Salmon with vegetables | Apple |
| Tuesday | Banana Smoothie | Chicken Salad | Leftovers | Cashews |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |

GROCERIES

- Eggs _____
- Salmon _____
- Bacon _____
- Fruits _____
- Vegetables _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

NOTES

Need to grocery shop before Sat.



Plan your weekly meals with breakfast, lunch, dinner and snacks!