

MEAL PLANNER + AUTOMATED GROCERY LIST

 Google Sheets Template

FULL TOUR

Monday, Jan 2					Tuesday, Jan 3					Wednesday, Jan 4					Thursday, Jan 5					Friday, Jan 6																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																									
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	Acai Bowl					Acai Bowl					Acai Bowl					Lunch	Lunch Example					Lunch	Vegetable Soup				Lunch	Breakfast Example				Lunch	Acai Bowl				Greek Yogurt				Greek Yogurt				Greek Yogurt				Dinner	Dinner Example				Dinner	Vegetable Soup				Dinner	Dinner Example				Dinner	Dinner Example				Raw Veggies				Snack Example				Greek Yogurt				Greek Yogurt				Snacks					Snacks					Snacks	Banana				Snacks	Greek Yogurt																				Final list of items for the day					Final list of items for the day					Final list of items for the day					Final list of items for the day					Final list of items for the day					☐ Pull items automatically					☒ Pull items automatically					☒ Pull items automatically					☒ Pull items automatically					☒ Pull items automatically					Filled automatically (do not edit)					Filled automatically (do not edit)					Filled automatically (do not edit)					Filled automatically (do not edit)					Filled automatically (do not edit)					Unit	Qty	Item	Unit	Qty	Item	Unit	Qty	Item	Unit	Qty	Item	Unit	Qty	Item	Unit	Qty	Item	Unit	Qty	Item	Unit	Qty	Item	Unit	Qty	Item	BAG	2	Acai	BAG	1	Acai	BAG	2	Acai	PC	1	Bananas	BAG	2	Acai	BAG	1	Acai	BAG	1	Acai	BAG	2	Acai	BAG	2	Acai	PC	7	Bananas	PC	3	Bananas	BAG	1	Baby Carrots	GR	1	Salmon	PC	9	Bananas	PC	3	Bananas	PC	6	Bananas	BAG	1	Baby Carrots	PC	12	Bananas	PC	10	Eggs	BAG	1	Oatmeal	PC	10	Eggs	PC	10	Chicken Breast	BOX	10	Strawberries	BAG	1	Oatmeal	BOX	10	Strawberries	PC	12	Bananas	PC	10	Eggs	PC	5	Greek Yogurt	BAG	1	Pancake Mix	PC	21	Eggs	PC	5	Greek Yogurt	BAG	1	Acai	BAG	1	Pancake Mix	BAG	1	Acai	BAG	1	Eggs	BAG	1	Acai	BAG	2	Oatmeal	BOX	0.25	Strawberries	PC	11	Greek Yogurt	BAG	1	Acai	PC	8	Greek Yogurt	PC	3	Bananas	PC	6	Greek Yogurt	PC	3	Bananas	BAG	1	Pancake Mix	BAG	2	Pancake Mix	BAG	1	Acai	BAG	4	Oatmeal	BAG	3	Bananas	BAG	3	Oatmeal	BAG	1	Oatmeal	BAG	3	Oatmeal	BAG	1	Oatmeal	BAG	5	Oatmeal	GR	1	Salmon	PC	3	Bananas	BAG	3	Pancake Mix	BAG	1	Oatmeal	BAG	2	Pancake Mix	BAG	1	Pancake Mix	BAG	2	Pancake Mix	BAG	1	Pancake Mix	BAG	4	Pancake Mix	BOX	0.5	Strawberries	BAG	1	Oatmeal	GR	2	Salmon	BAG	1	Pancake Mix	PC	1	Salmon	PC	1	Bananas	GR	1	Salmon	PC	1	Bananas	BOX	10	Strawberries				BAG	1	Pancake Mix	BOX	0.5	Strawberries	BOX	0.25	Strawberries	BOX	25.25	Strawberries	PC	3	Eggs	BOX	25.25	Strawberries	PC	3	Eggs	BOX	30.25	Strawberries				BOX	0.25	Strawberries	BAG	1	Acai	BAG	1	Acai	BOX	1	Zucchini	BOX	10	Strawberries	PC	1	Zucchini	BOX	10	Strawberries	BAG	1	Oatmeal				PC	1	Bananas	PC	3	Bananas	BAG	1	Oatmeal	BAG	1	Oatmeal	BAG	1	Oatmeal	BAG	1	Oatmeal	BAG	1	Oatmeal	BAG	1	Pancake Mix				GR	1	Salmon	BAG	1	Oatmeal	BAG	1	Pancake Mix	BAG	1	Pancake Mix	BAG	1	Pancake Mix	BAG	1	Pancake Mix	BAG	1	Pancake Mix	BOX	0.25	Strawberries				PC	10	Eggs	BAG	1	Pancake Mix	BOX	0.25	Strawberries	BOX	0.25	Strawberries	PC	1	Bananas	PC	1	Bananas	BOX	0.25	Strawberries	GR	1	Salmon				PC	5	Greek Yogurt	PC	1	Bananas	PC	1	Salmon	PC	1	Salmon	PC	3	Eggs	PC	1	Salmon	PC	1	Bananas	PC	10	Eggs							GR	1	Salmon	PC	10	Eggs	PC	10	Eggs	PC	10	Eggs	GR	1	Salmon	PC	10	Eggs	PC	5	Greek Yogurt							PC	10	Eggs	PC	5	Greek Yogurt	PC	5	Greek Yogurt	PC	5	Greek Yogurt	PC	5	Greek Yogurt	PC	5	Greek Yogurt	PC	1	Bananas							PC	5	Greek Yogurt	PC	5	Greek Yogurt	PC	5	Greek Yogurt	PC	5	Greek Yogurt	PC	5	Greek Yogurt	PC	5	Greek Yogurt	PC	1	Bananas				
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PC	7	Bananas	PC	3	Bananas	BAG	1	Baby Carrots	GR	1	Salmon	PC	9	Bananas	PC	3	Bananas	PC	6	Bananas	BAG	1	Baby Carrots	PC	12	Bananas																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																			
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			GR	1	Salmon	BAG	1	Oatmeal	BAG	1	Pancake Mix	BAG	1	Pancake Mix	BAG	1	Pancake Mix	BAG	1	Pancake Mix	BAG	1	Pancake Mix	BOX	0.25	Strawberries																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																			
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			PC	5	Greek Yogurt	PC	1	Bananas	PC	1	Salmon	PC	1	Salmon	PC	3	Eggs	PC	1	Salmon	PC	1	Bananas	PC	10	Eggs																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																			
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