

# Weekly Meal Planner



## BREAKFAST IDEAS

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## LUNCH IDEAS

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## WHAT'S FOR DINNER?

Sunday

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Monday

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Tuesday

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Wednesday

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Thursday

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Friday

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Saturday

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## SHOPPING LIST

Fruit & Veg

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Freezer section

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Bakery

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Fridge section

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Pantry items

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Household supplies

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Scan for recipe ideas!