

## Meal Planning Worksheet

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FOR THE WEEK OF: \_\_\_\_\_

Meals

PRODUCE Groceries

MONDAY

--

--

TUESDAY

--

MEAT/SEAFOOD

--

WEDNESDAY

--

DAIRY

--

THURSDAY

--

DRY/PACKAGED GOODS

--

FRIDAY

--

CANNED GOODS

--

SATURDAY

--

BULK ITEMS

--

SUNDAY

--

BAKERY

--

Grocery List

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