

Weekly Meal Planner

Week of December 31, 2006

Sunday 31 Main Course _____ Side Dish _____ Vegetable _____ Other _____	Monday 1 Main Course _____ Side Dish _____ Vegetable _____ Other _____	Grocery List _____
Tuesday 2 Main Course _____ Side Dish _____ Vegetable _____ Other _____	Wednesday 3 Main Course _____ Side Dish _____ Vegetable _____ Other _____	
Thursday 4 Main Course _____ Side Dish _____ Vegetable _____ Other _____	Friday 5 Main Course _____ Side Dish _____ Vegetable _____ Other _____	
Saturday 6 Main Course _____ Side Dish _____ Vegetable _____ Other _____	Meal ideas for next week _____ _____ _____ _____	