

# www.Menus4Moms.com

## Weekly Planner

Week beginning Monday, \_\_\_\_\_ and ending Sunday, \_\_\_\_\_

### To Do List

**Monday** Date: \_\_\_\_\_

.....  
.....  
.....

q \_\_\_\_\_

q \_\_\_\_\_

q \_\_\_\_\_

**Tuesday** Date: \_\_\_\_\_

.....  
.....  
.....

q \_\_\_\_\_

q \_\_\_\_\_

q \_\_\_\_\_

**Wednesday** Date: \_\_\_\_\_

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.....  
.....

q \_\_\_\_\_

q \_\_\_\_\_

q \_\_\_\_\_

**Thursday** Date: \_\_\_\_\_

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.....  
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q \_\_\_\_\_

q \_\_\_\_\_

q \_\_\_\_\_

**Friday** Date: \_\_\_\_\_

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.....  
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q \_\_\_\_\_

q \_\_\_\_\_

q \_\_\_\_\_

**Saturday** Date: \_\_\_\_\_

**Sunday** Date: \_\_\_\_\_

.....  
.....  
.....

q \_\_\_\_\_

q \_\_\_\_\_

# Menu Planner

Week beginning Monday, \_\_\_\_\_ and ending Sunday, \_\_\_\_\_

## Grocery List

	<u>Monday</u> <u>Date:</u>	<u>Notes:</u>
q _____	Breakfast: _____	_____
	Lunch: _____	_____
q _____	Dinner: _____	_____
	_____	_____
q _____		
	<u>Tuesday</u> <u>Date:</u>	
q _____	Breakfast: _____	_____
	Lunch: _____	_____
q _____	Dinner: _____	_____
	_____	_____
q _____		
	<u>Wednesday</u> <u>Date:</u>	
q _____	Breakfast: _____	_____
	Lunch: _____	_____
q _____	Dinner: _____	_____
	_____	_____
q _____		
	<u>Thursday</u> <u>Date:</u>	
q _____	Breakfast: _____	_____
	Lunch: _____	_____
q _____	Dinner: _____	_____
	_____	_____
q _____		
	<u>Friday</u> <u>Date:</u>	
q _____	Breakfast: _____	_____
	Lunch: _____	_____
q _____	Dinner: _____	_____
	_____	_____
q _____		
	<u>Saturday</u> <u>Date:</u>	<u>Sunday</u> <u>Date:</u>
q _____	Breakfast: _____	Breakfast: _____
	Lunch: _____	Lunch: _____
q _____	Dinner: _____	Dinner: _____
	_____	_____