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Weekly Meal Planner

Plan the week, shop once, waste less. Start with what's already in the fridge.

Day	Breakfast	Lunch	Dinner	Snack / notes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

USE IT UP FIRST (FRIDGE & PANTRY)

GROCERY BUDGET THIS WEEK

Planned $	Spent $	Left $

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Grocery List

Grouped by aisle so the trip is quick. Tick as you shop.

PRODUCE

PROTEIN

DAIRY & EGGS

PANTRY & GRAINS

FROZEN

HOUSEHOLD

SNACKS & DRINKS

OTHER
