

# *weekly* MEAL PLAN

Click recipe name to print each recipe.

## **MONDAY**

(one pan)

## **TUESDAY**

(mexican)

## **WEDNESDAY**

(soup or salad)

## **THURSDAY**

(mix it up)

## **FRIDAY**

(leftovers)

## **SATURDAY**

(out)

## **SUNDAY**

(comfort)

## **SNACK**

## **DESSERT**

## **SHOPPING LIST**