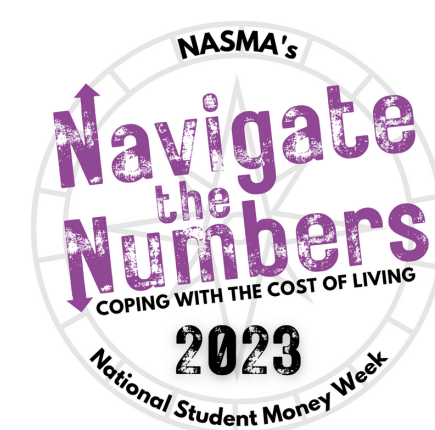


Weekly Meal Planner



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Shopping List

What's in the fridge/freezer?

What needs using up?