

The Meal Plan

For the week of _____

Overview



Lunch

Dinner

MON

TUE

WED

		INGREDIENTS NEEDED		
	LUNCH			
	What's left in my fridge/pantry:			
	DINNER			
	Notes:			

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compatible with:
full- & half-refills

THE MEAL PLAN | spread 1 of 2
(left side of the spread)

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THE MEAL PLAN | back to back 1 of 2
(front side)

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compatible with:
**A5 RING BINDER
(THE HIDDEN MOUNTAIN)**

THE MEAL PLAN | spread 1 of 2
(left side of the spread)

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