

# MONTHLY MEAL PLAN

	BREAKFAST	LUNCH	SUPPER
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

# MONTHLY MEAL PLAN LIST OF FOODS

List your favorite meals you would love to make and add onto the planner.  
Adding them on different days of the week.

## Breakfast

---

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....
11. ....
12. ....

# MONTHLY MEAL PLAN LIST OF FOODS

List your favorite meals you would love to make and add onto the planner.  
Adding them on different days of the week.

## Lunch

---

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....
11. ....
12. ....

# MONTHLY MEAL PLAN LIST OF FOODS

List your favorite meals you would love to make and add onto the planner.  
Adding them on different days of the week.

## Supper

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1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....
11. ....
12. ....

# MONTHLY MEAL PLAN LIST OF FOODS TO FREEZE

List your favorite meals you would love to make and freeze.

Freezer meals: for eg. Casseroles. Hamburger patties.

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1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....
11. ....
12. ....