

meal planner

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
breakfast							
lunch							
dinner							
betweens							

- tips**
1. flip through cookbooks & choose recipes in advance
 2. cook double batches, freeze half or use for next days lunch
 3. dress up leftovers with wraps, grains or greens
 4. keep healthy snacks stocked: hummus, nuts, fresh fruit, etc.

shopping list

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