Frugal Home Lover - Weekly Meal Planner

Week Of:

Day	Breakfast	Lunch	Dinner	
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
				,
Sunday				
Sunday				
	st			
Grocery Li				
Grocery Li				
Grocery Li				
Grocery Li [] Produce: [] Pantry: [] Dairy:				
Grocery Lie [] Produce: [] Pantry: [] Dairy: [] Meat/Prot	ein:			
Grocery Lie [] Produce: [] Pantry: [] Dairy: [] Meat/Prot [] Frozen:	ein:			
Grocery Lie [] Produce: [] Pantry: [] Dairy: [] Meat/Prot [] Frozen:	ein:			

[&]quot;A budget-friendly meal plan is a gift to your future self."