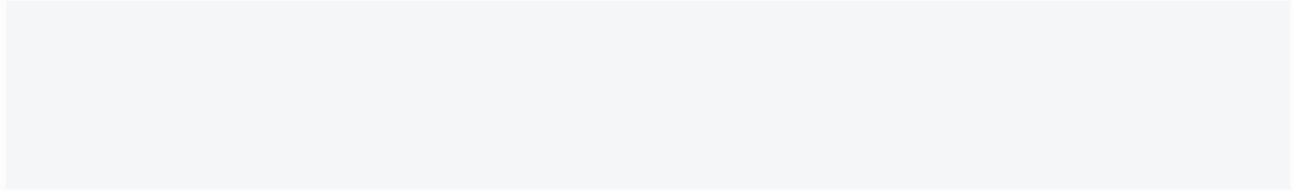


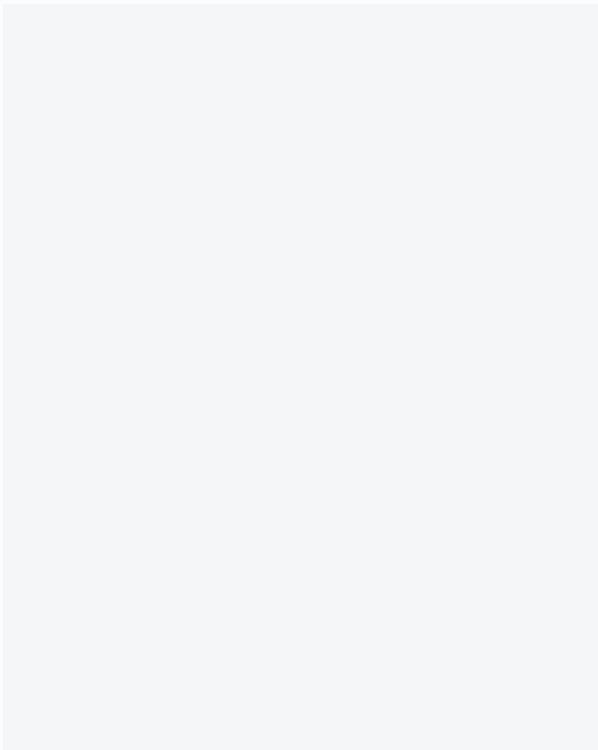
WEEKLY MEAL PREP PLANNING

Date:

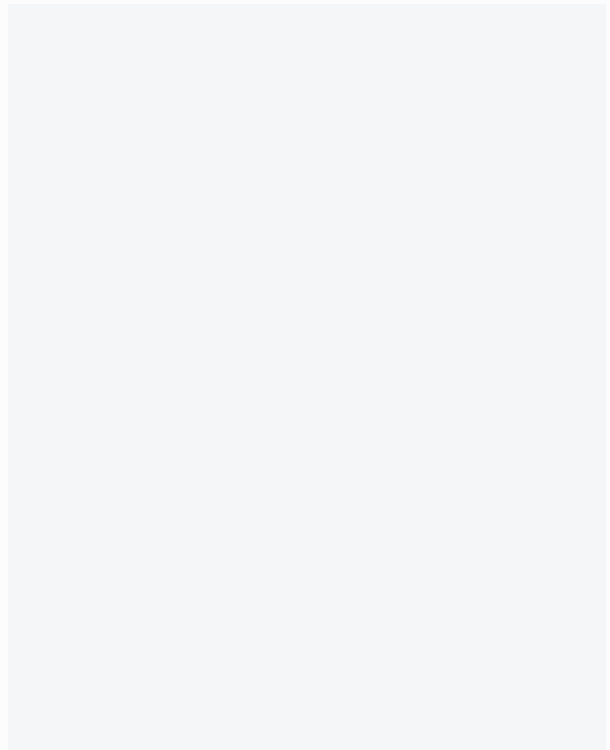
MEALS



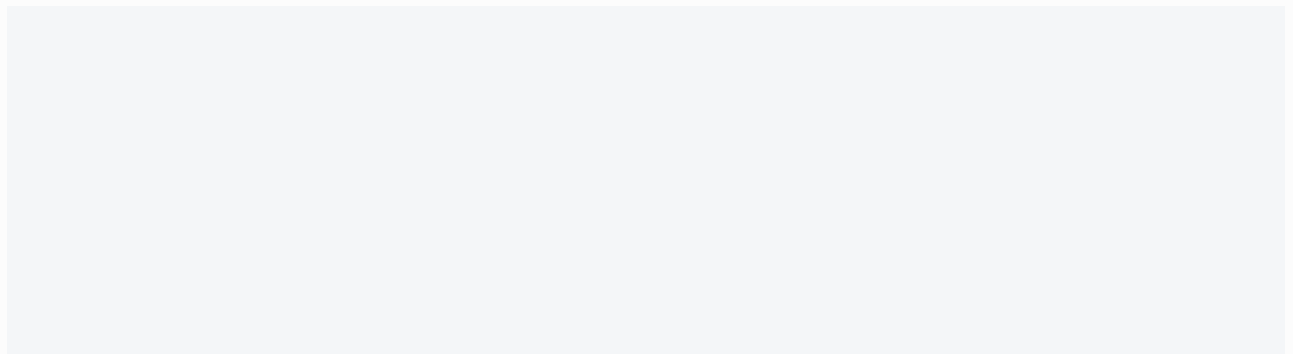
GROCERIES



NOTES



NOTES



WEEKLY MEAL PREP PLANNING

Date: June 15

MEALS

- breakfast stuffed peppers
- taco salad
- lasagna soup

GROCERIES

- eggs
- turkey breakfast sausage
- ground turkey
- bell peppers
- lasagna noodles
- ricotta
-

NOTES

- meal prep on sunday night/monday morning
- pick up groceries on saturday
- thaw meat on saturday
- set reminders on phone