

● ● ● *Weekly Menu Planner* ● ● ●
{ week of _____ }

Sunday

ⓑ

ℒ

Ⓣ

Monday

ⓑ

ℒ

Ⓣ

Tuesday

ⓑ

ℒ

Ⓣ

Wednesday

ⓑ

ℒ

Ⓣ

Thursday

ⓑ

ℒ

Ⓣ

Friday

ⓑ

ℒ

Ⓣ

Saturday

ⓑ

ℒ

Ⓣ

● ● ● Weekly Menu & Shopping List ● ● ●
{ week of _____ }

Sunday-

Monday-

Tuesday-

Wednesday-

Thursday-

Friday-

Saturday-

Shopping List

Shopping list area with 16 horizontal lines for writing.