

Swap
WHEN YOU
COOK

Swap
WHEN YOU
SHOP

Swap
WHEN YOU
SNACK



Meal Planner - Week 1

Make a plan for the week, to save time and money. Download and print out more of these planners on our website

Mon	Breakfast	Lunch	Dinner	Snacks
Tue	Breakfast	Lunch	Dinner	Snacks
Wed	Breakfast	Lunch	Dinner	Snacks
Thu	Breakfast	Lunch	Dinner	Snacks
Fri	Breakfast	Lunch	Dinner	Snacks
Sat	Breakfast	Lunch	Dinner	Snacks
Sun	Breakfast	Lunch	Dinner	Snacks

Shopping list

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Meal Planner - Week 2

Make a plan for the week, to save time and money. Download and print out more of these planners on our website

Mon	Breakfast	Lunch	Dinner	Snacks
Tue	Breakfast	Lunch	Dinner	Snacks
Wed	Breakfast	Lunch	Dinner	Snacks
Thu	Breakfast	Lunch	Dinner	Snacks
Fri	Breakfast	Lunch	Dinner	Snacks
Sat	Breakfast	Lunch	Dinner	Snacks
Sun	Breakfast	Lunch	Dinner	Snacks

Shopping list

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Meal Planner - Week 3

Make a plan for the week, to save time and money. Download and print out more of these planners on our website

Mon	Breakfast	Lunch	Dinner	Snacks
Tue	Breakfast	Lunch	Dinner	Snacks
Wed	Breakfast	Lunch	Dinner	Snacks
Thu	Breakfast	Lunch	Dinner	Snacks
Fri	Breakfast	Lunch	Dinner	Snacks
Sat	Breakfast	Lunch	Dinner	Snacks
Sun	Breakfast	Lunch	Dinner	Snacks

Shopping list

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Meal Planner - Week 4

Make a plan for the week, to save time and money. Download and print out more of these planners on our website

Mon	Breakfast	Lunch	Dinner	Snacks
Tue	Breakfast	Lunch	Dinner	Snacks
Wed	Breakfast	Lunch	Dinner	Snacks
Thu	Breakfast	Lunch	Dinner	Snacks
Fri	Breakfast	Lunch	Dinner	Snacks
Sat	Breakfast	Lunch	Dinner	Snacks
Sun	Breakfast	Lunch	Dinner	Snacks

Shopping list