

**Swap**  
WHEN YOU  
**COOK**

**Swap**  
WHEN YOU  
**SHOP**

**Swap**  
WHEN YOU  
**SNACK**

# Meal Planner - Week 3

Make a plan for the week, to save time and money.

<b>Mon</b>	Breakfast	Lunch	Dinner	Snacks
<b>Tue</b>	Breakfast	Lunch	Dinner	Snacks
<b>Wed</b>	Breakfast	Lunch	Dinner	Snacks
<b>Thu</b>	Breakfast	Lunch	Dinner	Snacks
<b>Fri</b>	Breakfast	Lunch	Dinner	Snacks
<b>Sat</b>	Breakfast	Lunch	Dinner	Snacks
<b>Sun</b>	Breakfast	Lunch	Dinner	Snacks

**Shopping list**