

*Our Healthy
Meal Plans*





SUN	MON	TUE	WED	THU	FRI	SAT

free monthly menu planner
available at WWW.SHININGMOM.COM

WHAT I LIKE TO HAVE FOR...

BREAKFAST

Blank dotted area for writing breakfast preferences.

LUNCH

Blank dotted area for writing lunch preferences.

DINNER

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SNACKS

Blank dotted area for writing snack preferences.

OUR healthy MENU FOR THE WEEK

MENU

grocery list

M

Blank menu box for Monday

T

Blank menu box for Tuesday

W

Blank menu box for Wednesday

T

Blank menu box for Thursday

F

Blank menu box for Friday

S

Blank menu box for Saturday

S

Blank menu box for Sunday

Dashed grocery list area

Hello, Friend!

Thank you for downloading this Meal Planner. I hope it will help you plan a healthier meal for your family!

Warmly,

Shining Mom

WWW.SHININGMOM.COM

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