

# This WEEK

## MEAL PLANNER

WEEK OF :

MONDAY

BREAKFAST  
LUNCH  
DINNER

TUESDAY

BREAKFAST  
LUNCH  
DINNER

WEDNESDAY

BREAKFAST  
LUNCH  
DINNER

THURSDAY

BREAKFAST  
LUNCH  
DINNER

FRIDAY

BREAKFAST  
LUNCH  
DINNER

SATURDAY

BREAKFAST  
LUNCH  
DINNER

SUNDAY

BREAKFAST  
LUNCH  
DINNER

GROCERY LIST

LOVEPAPIER.COM

DAIRY

6 horizontal lines for Dairy items, each with a yellow dot on the left.

MEAT & SEAFOOD

8 horizontal lines for Meat & Seafood items, each with a pink dot on the left.

FRUITS & VEGGIES

4 horizontal lines for Fruits & Veggies items, each with a teal dot on the left.

FROZEN

8 horizontal lines for Frozen items, each with an orange dot on the left.

SAUCES & SPICES

5 horizontal lines for Sauces & Spices items, each with a purple dot on the left.

HOUSEHOLD

6 horizontal lines for Household items, each with a light green dot on the left.

SNACKS & BEVERAGES

6 horizontal lines for Snacks & Beverages items, each with an orange dot on the left.

YEAH, AND .....

5 horizontal lines for miscellaneous items, each with a light blue dot on the left.