

# MENU

Monday

B: \_\_\_\_\_

L: \_\_\_\_\_

D: \_\_\_\_\_

Tuesday

B: \_\_\_\_\_

L: \_\_\_\_\_

D: \_\_\_\_\_

Wednesday

B: \_\_\_\_\_

L: \_\_\_\_\_

D: \_\_\_\_\_

Thursday

B: \_\_\_\_\_

L: \_\_\_\_\_

D: \_\_\_\_\_

# CLEAN EATING MENU PLANNER

Friday

B: \_\_\_\_\_

L: \_\_\_\_\_

D: \_\_\_\_\_

Saturday

B: \_\_\_\_\_

L: \_\_\_\_\_

D: \_\_\_\_\_

Sunday

B: \_\_\_\_\_

L: \_\_\_\_\_

D: \_\_\_\_\_

Snacks for the week:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# SHOPPING LIST

Need:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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