JENN PAPPAS

JUST start

weekly meal plan

week of: ______________________

	breakfast	lunch	dinner
monday			
tuesday			
wednesday			
thursday			
friday			
saturday			
sunday			

snacks: ______________________

goals: ______________________

grocery list:

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐