

Weekly meal planner

Week of: _____

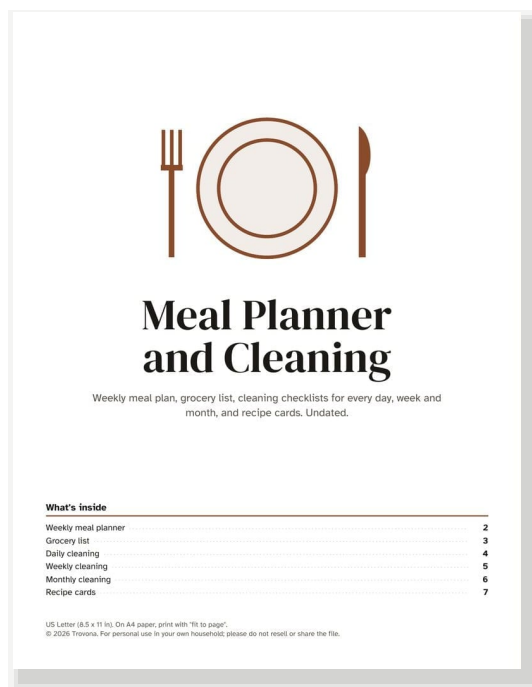
Day	Breakfast	Lunch	Dinner	Snacks
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Prep ahead

Notes

[illegible]

trovona



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at trovona.eu/en/printable/meal-cleaning-planner-en

These free pages come from
**Meal planner and cleaning schedule: weekly menu, grocery list and
recipe cards**

7 pages in one PDF, ready to print at home.



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