

# Weekly Planner

# Plan

Week of: \_\_\_\_\_

|                                    |  |  |  |  |  |  |
|------------------------------------|--|--|--|--|--|--|
| <b>Bulk Cooking/<br/>Leftovers</b> |  |  |  |  |  |  |
|------------------------------------|--|--|--|--|--|--|

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

|           |  |  |  |  |  |  |
|-----------|--|--|--|--|--|--|
| breakfast |  |  |  |  |  |  |
| snack     |  |  |  |  |  |  |
| lunch     |  |  |  |  |  |  |
| snack     |  |  |  |  |  |  |
| dinner    |  |  |  |  |  |  |
| snack     |  |  |  |  |  |  |

|                     |  |  |  |  |  |  |
|---------------------|--|--|--|--|--|--|
| <b>"Veggie Bin"</b> |  |  |  |  |  |  |
|---------------------|--|--|--|--|--|--|