## WEEKLY MEAL PLANNER

WEEK MONTH

	BREAKFAST	LUNCH	DINNER	WHAT TO BUY
NOS				
Z O X		RISI	N G	
TUE	0	ZHE C	N G M O 4	
WED	7 B S - W			O ≾ O ≥
THO			40 4	7
FRI		A H T O I	AOTA	
SAT				