

Weekly Meal Planner

Printing Instructions

I'm so happy you grabbed this weekly meal planner, momma! It's super simple, because planning supper doesn't have to be complicated.

It is best to print it out on letter-sized paper. Keep in mind that different printers may make the colors look different. You can print on any paper, but a 28 lb gives your page a more luxurious feel.

If you have any questions at all, email me at shannon@makingmommamas.com. I'm happy to help!



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Weekly Meal Planner

Grocery List

Breakfast

Lunch

Dinner

Snacks

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