

# Weekly Meal Planner & GROCERY LIST



Dates \_\_\_\_\_

This Week's Featured Ingredient: _____	Wine Pairing Ideas: _____
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	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

FRESH PRODUCE	PANTRY	OTHER
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____