

# The Meal Planner

[www.thehappierhomemaker.com](http://www.thehappierhomemaker.com)

## TO EAT

## SHOPPING LIST

### Sunday

Breakfast:

Snack:

Lunch:

Snack:

Dinner:

### Monday

Breakfast:

Snack:

Lunch:

Snack:

Dinner:

### Tuesday

Breakfast:

Snack:

Lunch:

Snack:

Dinner:

### Wednesday

Breakfast:

Snack:

Lunch:

Snack:

Dinner:

### Thursday

Breakfast:

Snack:

Lunch:

Snack:

Dinner:

### Friday

Breakfast:

Snack:

Lunch:

Snack:

Dinner:

### Saturday

Breakfast:

Snack:

Lunch:

Snack:

Dinner: