

A graphic for meal planning featuring a central dark blue circle with the text 'MEAL PLANNING' in white. The background is filled with colorful line-art icons of kitchen items: a green apron, red and yellow knives, a red scale, a green jar, a red carton, a red mug, a yellow bowl, a yellow wine glass, a green knife, a yellow mug, a green scale, a red scale, a green whisk, a green grater, and a green strainer.

# MEAL PLANNING

**DAY TO PLAN**

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**DAY TO GROCERY SHOP**

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**NUMBER OF MEALS PER WEEK  
(TYPICALLY 3 TO 5)**

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**RECIPES**

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**MONDAY**

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**TUESDAY**

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**WEDNESDAY**

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**THURSDAY**

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**FRIDAY**

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**SATURDAY**

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**SUNDAY**

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