



# 7-day Meal Planner

for busy Moms

MONTH :

## BONUS WISE TIP

- Recycle left over meals
- Check the pantry before buying.
- Look for sale or promos.
- Stick to the plan.

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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GROCERY LIST:

BUDGET

SUNDAY

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