



Petal & Paper

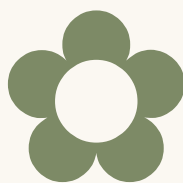
YOUR FREE PRINTABLE

Weekly meal planner notepad



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THIS WEEK'S MEALS 

meal planner

Week of · _____

Mon · ____ Tue: ____

Wed · ____ Thu: ____

Fri · ____ Sat: ____

Sun · ____ (roast?)

Shopping list · _____

 PLAN THE MEALS, WRITE THE LIST,
SHOP ONCE — SIMPLE

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