



Petal & Paper

YOUR FREE PRINTABLE

Meal prep planner



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THIS WEEK'S PREP

meal prep planner

Sunday prep list

Protein: _____
Grains: _____
Vegetables: _____
Sauces / dressings: _____
Snacks: _____

Monday to Wednesday

Breakfast: _____
Lunch: _____
Dinner: _____
Snacks: _____

Thursday to Sunday

Breakfast: _____
Lunch: _____
Dinner: _____
Snacks: _____

Shopping needed

