

WEEKLY MEAL PLANNING FORMULA

DAY 1: *Recipe*

DAY 2: *Recipe*

DAY 3: *Leftovers or Recipe*

DAY 4: *Grill*

DAY 5: *Frequent Favorite*

DAY 6: *Grocery Store Meal*

DAY 7: *Eat-out/ Take-out*

**Dessert*

**Extra*