



WEEKLY MEAL PLANNER

Date: ___ / ___ / ___ to ___ / ___ / ___

Planning tip: Use your calendar to note when you won't be home for meals and when things are on that affect meal times.

	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.
What's On							
B'fast							
Lunch							
Dinner							
Snacks							
This week's baking:							

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