



31Daily Weekly Meal Planner

— Week of August 10-16 —

Day	Breakfast	Lunch	Dinner	Notes
Monday			Mediterranean Zucchini Frittata	
Tuesday			Mediterranean Tuna Salad	
Wednesday			Sheet Pan Ratatouille with Polenta	
Thursday			Couscous Salad with Smoked Salmon	
Friday			Greek Turkey Burgers	
Saturday				
Sunday				



Weekly Prep





Groceries to Remember



This Week's Treat



Yogurt Blackberry Popsicles

