



31Daily Weekly Meal Planner

— Week of August 3-9 —

Day	Breakfast	Lunch	Dinner	Notes
Monday			Cold Sesame Noodles	
Tuesday			Herbed Lemon Chicken Skillet	
Wednesday			Beef Stir-Fry with Baby Bok Choy	
Thursday			Easy Salmon Salad	
Friday			Curried Singapore Noodles	
Saturday				
Sunday				

Weekly Prep

Groceries to Remember

This Week's Treat

Healthy Zucchini Spice Muffins