



31Daily Weekly Meal Planner

— Week of August 17-23 —

Day	Breakfast	Lunch	Dinner	Notes
Monday			Korean Beef Lettuce Wraps	
Tuesday			Easy Chicken Tacos	
Wednesday			20 Minute Sausage Pasta	
Thursday			New England Shrimp Rolls	
Friday			Southwest Chicken Salad	
Saturday				
Sunday				

Weekly Prep

Groceries to Remember

This Week's Treat

Chocolate Chip Cookie Bars

