



31Daily Weekly Meal Planner



Week of August 24-30



Day	Breakfast	Lunch	Dinner	Notes
Monday			Parmesan Corn and Zucchini Pasta	
Tuesday			Sheet Pan Chicken Fajitas	
Wednesday			Mediterranean Ground Turkey Skillet	
Thursday			Roasted Salmon and Tomatoes	
Friday			BBQ Chicken Skewers	
Saturday				
Sunday				



Weekly Prep



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Groceries to Remember



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This Week's Treat



No Bake Chocolate Peanut Butter Bars

