

# Menu Planning & Recipe Cards



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# MONTHLY MEAL PLAN

WEEK 1

WEEK 2

WEEK 3

WEEK 4

MEALS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
LUNCH							
DINNER							
BREAKFAST							
LUNCH							
DINNER							
BREAKFAST							
LUNCH							
DINNER							
BREAKFAST							
LUNCH							
DINNER							

RECIPE

SERVINGS  
PREP TIME:      COOK TIME:

INGREDIENTS

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DIRECTIONS

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SERVINGS  
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