Meal Planner

	Monday.	
	Main Course	
١	Veggies	
1	Dessert	
	Helper	
	Notes	

Thursday		
Main Course		
Veggies		
Dessert		
Helper	7	
Notes		
Sunday		
Main Course		

Tuesday	Wednesday
Main Course	Main Course
Veggies	Veggies
Dessert	Dessert
Helper	Helper
Notes	Notes
Friday	Saturday
Main Course	Main Course
Veggies	Veggies
Dessert	Dessert
Helper	Helper
Notes	Notes

Week of

Veggies

Dessert

Helper

Notes