



2020
Meal Planner



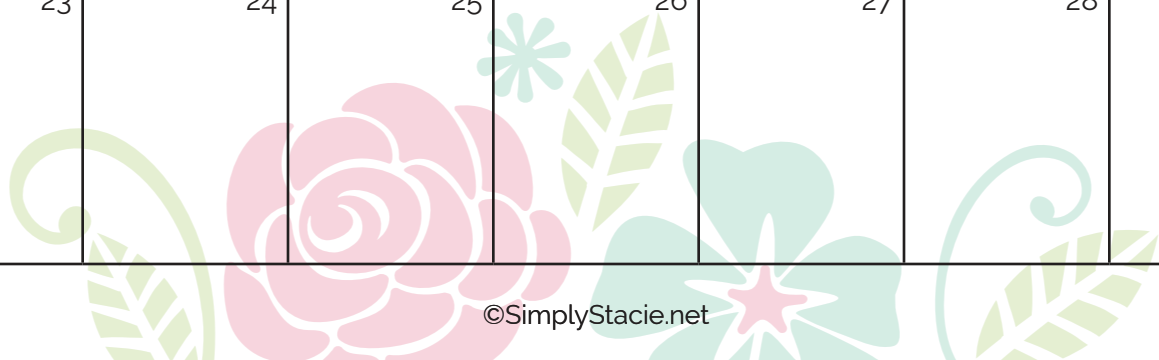
January 2020

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



February 2020

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29





March 2020

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



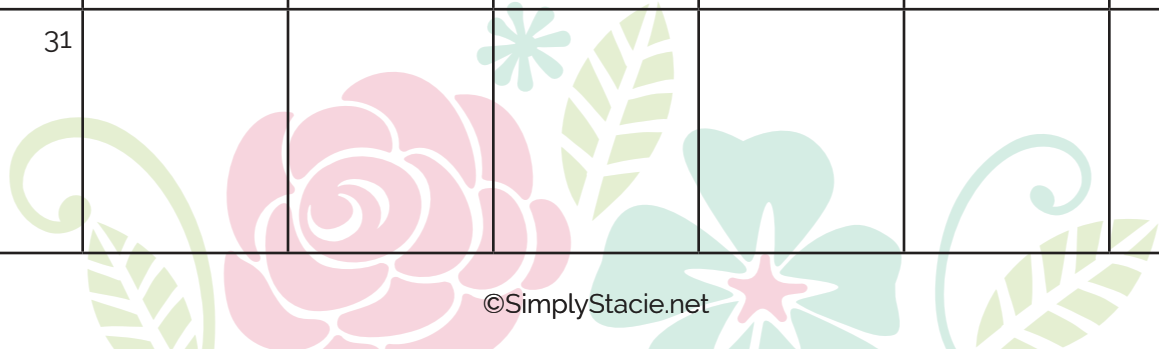
April 2020

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19	20	21	22	23	24	25
26	27	28	29	30		



May 2020

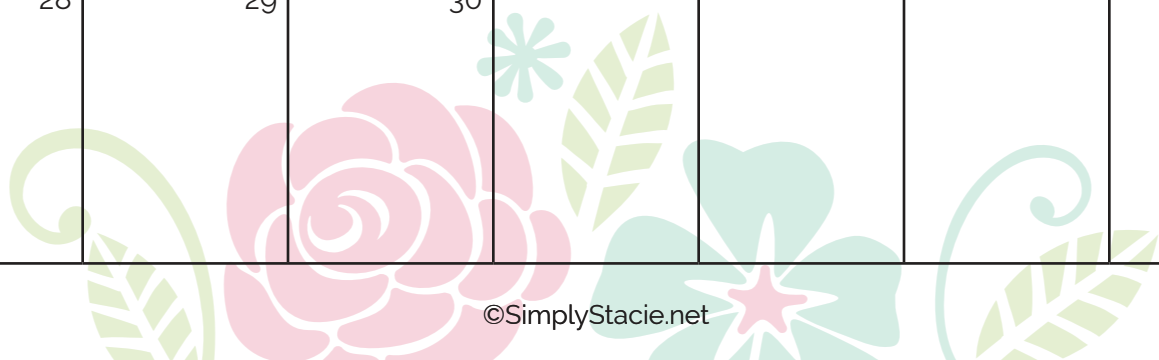
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					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						





June 2020

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				





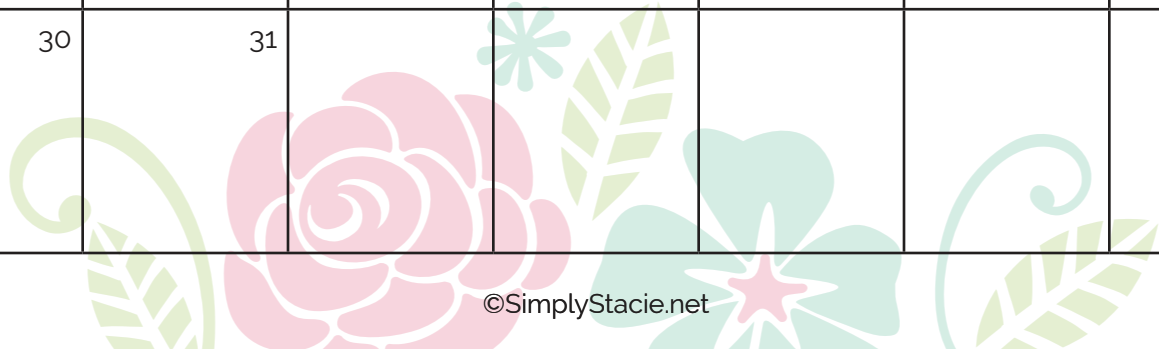
July 2020

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19	20	21	22	23	24	25
26	27	28	29	30	31	



August 2020

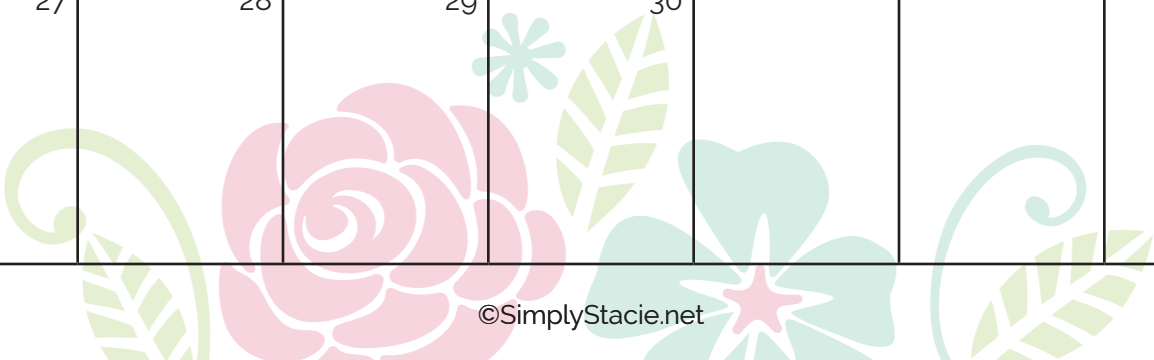
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					





September 2020

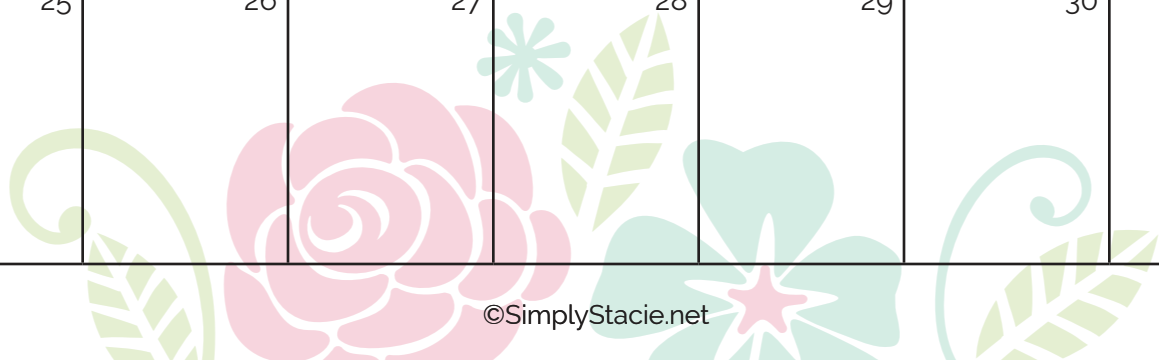
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			





October 2020

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
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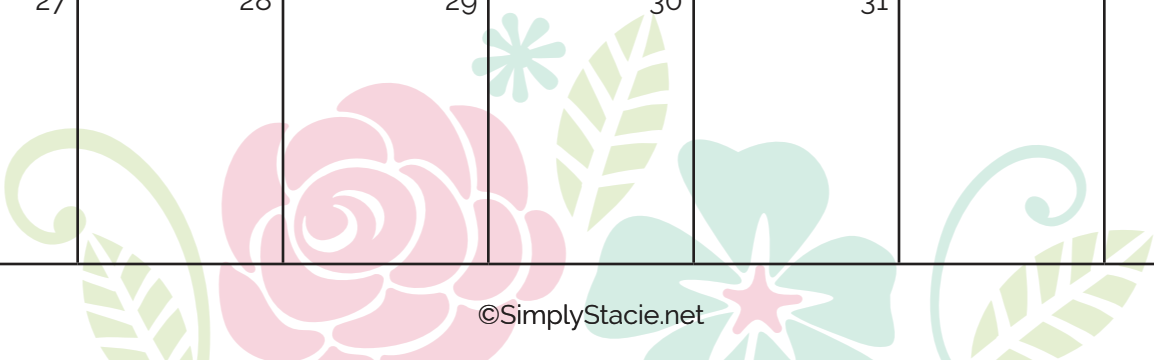
November 2020

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



December 2020

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
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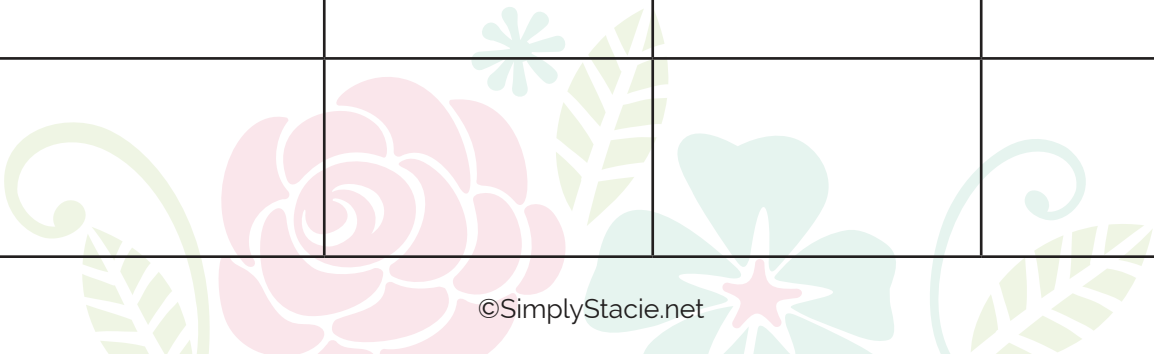




Weekly Meal Planner

WEEK OF: _____

	BREAKFAST	LUNCH	DINNER	SNACKS
M				
T				
W				
T				
F				
S				
S				





Shopping List

FRUITS & VEGGIES	MEAT & SEAFOOD	DRINKS & PANTRY
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CANNED & FROZEN	DAIRY & DELI	SNACKS & TREATS
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PERSONAL GOODS	MISC.
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