



WEEKLY MEAL PLAN

DATE.....

	DINNER	↓	EVERYTHING ELSE
MONDAY	<input type="checkbox"/> Freezer meal <input type="checkbox"/> Takeaway <input type="checkbox"/> Leftovers <input type="checkbox"/> Eating out		BREAKFASTS
TUESDAY	<input type="checkbox"/> Freezer meal <input type="checkbox"/> Takeaway <input type="checkbox"/> Leftovers <input type="checkbox"/> Eating out		LUNCHES
WEDNESDAY	<input type="checkbox"/> Freezer meal <input type="checkbox"/> Takeaway <input type="checkbox"/> Leftovers <input type="checkbox"/> Eating out		
THURSDAY	<input type="checkbox"/> Freezer meal <input type="checkbox"/> Takeaway <input type="checkbox"/> Leftovers <input type="checkbox"/> Eating out		SNACKS
FRIDAY	<input type="checkbox"/> Freezer meal <input type="checkbox"/> Takeaway <input type="checkbox"/> Leftovers <input type="checkbox"/> Eating out		
SATURDAY	<input type="checkbox"/> Freezer meal <input type="checkbox"/> Takeaway <input type="checkbox"/> Leftovers <input type="checkbox"/> Eating out		<p><i>Your weekly meal plans</i></p> <p>4 cook 4 dinners double-up 2 meals and freeze half of each + + make 2 fast & fresh</p> <p>2 take 2 meals from your freezer stash and whip up some speedy sides</p> <p>+ +</p> <p>1 super simple meal easy meal, leftovers or takeout</p>
SUNDAY	<input type="checkbox"/> Freezer meal <input type="checkbox"/> Takeaway <input type="checkbox"/> Leftovers <input type="checkbox"/> Eating out		