



# WEEKLY MEALS

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES



# MONTHLY MEALS

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MONTH

A large circle outline for writing the month name.

A large grid of 42 rounded square boxes (7 rows by 6 columns) for planning meals. Each box has a dotted border. The first cell in the bottom-left corner contains a small calendar icon.

NOTES

A large light orange rectangular area for additional notes.