

# WEEKLY MEAL PLANNER

*Courtesy of [www.tips-to-organize-life.com](http://www.tips-to-organize-life.com)*

DAY	MEAL	PREP WORK
SUN	Main Course: _____ Sides: _____ Dessert: _____	
MON	Main Course: _____ Sides: _____ Dessert: _____	
TUES	Main Course: _____ Sides: _____ Dessert: _____	
WED	Main Course: _____ Sides: _____ Dessert: _____	
THURS	Main Course: _____ Sides: _____ Dessert: _____	
FRI	Main Course: _____ Sides: _____ Dessert: _____	
SAT	Main Course: _____ Sides: _____ Dessert: _____	