

Sample 5-week Meal Plan

- Cook Fresh
- Eat out/Take out
- Batch/freeze
- Left over/Recycle

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="display: flex; flex-direction: column; gap: 5px;"> </div>	<div style="display: flex; flex-direction: column; gap: 5px;"> </div>	<div style="display: flex; flex-direction: column; gap: 5px;"> </div>	<div style="display: flex; flex-direction: column; gap: 5px;"> </div>	<div style="display: flex; flex-direction: column; gap: 5px;"> </div>	<div style="display: flex; flex-direction: column; gap: 5px;"> </div>	<div style="display: flex; flex-direction: column; gap: 5px;"> </div>
<div style="display: flex; flex-direction: column; gap: 5px;"> </div>	<div style="display: flex; flex-direction: column; gap: 5px;"> </div>	<div style="display: flex; flex-direction: column; gap: 5px;"> </div>	<div style="display: flex; flex-direction: column; gap: 5px;"> </div>	<div style="display: flex; flex-direction: column; gap: 5px;"> </div>	<div style="display: flex; flex-direction: column; gap: 5px;"> </div>	<div style="display: flex; flex-direction: column; gap: 5px;"> </div>
<div style="display: flex; flex-direction: column; gap: 5px;"> </div>	<div style="display: flex; flex-direction: column; gap: 5px;"> </div>	<div style="display: flex; flex-direction: column; gap: 5px;"> </div>	<div style="display: flex; flex-direction: column; gap: 5px;"> </div>	<div style="display: flex; flex-direction: column; gap: 5px;"> </div>	<div style="display: flex; flex-direction: column; gap: 5px;"> </div>	<div style="display: flex; flex-direction: column; gap: 5px;"> </div>
<div style="display: flex; flex-direction: column; gap: 5px;"> </div>	<div style="display: flex; flex-direction: column; gap: 5px;"> </div>	<div style="display: flex; flex-direction: column; gap: 5px;"> </div>	<div style="display: flex; flex-direction: column; gap: 5px;"> </div>	<div style="display: flex; flex-direction: column; gap: 5px;"> </div>	<div style="display: flex; flex-direction: column; gap: 5px;"> </div>	<div style="display: flex; flex-direction: column; gap: 5px;"> </div>
<div style="display: flex; flex-direction: column; gap: 5px;"> </div>	<div style="display: flex; flex-direction: column; gap: 5px;"> </div>	<div style="display: flex; flex-direction: column; gap: 5px;"> </div>	<div style="display: flex; flex-direction: column; gap: 5px;"> </div>	<div style="display: flex; flex-direction: column; gap: 5px;"> </div>	<div style="display: flex; flex-direction: column; gap: 5px;"> </div>	<div style="display: flex; flex-direction: column; gap: 5px;"> </div>

Blank 5-week Meal Plan

-  Cook Fresh
-  Eat out/Take out
-  Batch/freeze
-  Left over/Recycle

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY