

# WEEKLY MEAL PLANNER

WEEK OF \_\_\_\_\_

## *Sunday*

	Main Dishes	Sides	Drinks	Desserts
B.				
L.				
D				

## *Monday*

	Main Dishes	Sides	Drinks	Desserts
B.				
L.				
D				

## *Tuesday*

	Main Dishes	Sides	Drinks	Desserts
B.				
L.				
D				

## *Wednesday*

	Main Dishes	Sides	Drinks	Desserts
B.				
L.				
D				

## *Thursday*

	Main Dishes	Sides	Drinks	Desserts
B.				
L.				
D				

## *Friday*

	Main Dishes	Sides	Drinks	Desserts
B.				
L.				
D Shabbat				

## *Saturday*

		Sides	Drinks	Desserts
B. Shabbat				
L. Shabbat				
D Shabbat				