

THANK YOU!

Thank you for visiting my account and for your recent download.

I hope this free meal planner and grocery lists printables meet your expectations and needs. It saves you time and is super useful to you.

Thank you so much for stopping by my blog!

Anna

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Terms of use

These planner templates are for personal use only.



Learn Grow Aspire was created to support parents, caregivers, and elementary classroom teachers with teaching resources and inspirations they can implement in their homeschool or classrooms.

MEET THE FACE BEHIND LEARN GROW ASPIRE

Hey, I'm Anna. Author and creator of Learn Grow Aspire resources. I love creating activities and printables that inspire a love for learning and make life easier for busy parents and teachers.



xoxo Anna

WEEKLY MEAL PLAN

for a healthy lifestyle

WEEK AT A GLANCE

DATE: _____

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

WHAT'S FOR DINNER?

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

MOST IMPORTANT THINGS THIS WEEK

1

2

3

SHOPPING LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



Grocery & Shopping List

Date: _____

Fruits and Vegetables	Price
<input type="checkbox"/>	_____

Meat and Poultry	Price
<input type="checkbox"/>	_____

Canned Goods	Price
<input type="checkbox"/>	_____

Fish and Frozen Goods	Price
<input type="checkbox"/>	_____

Snacks and Drinks	Price
<input type="checkbox"/>	_____

Others	Price
<input type="checkbox"/>	_____

