howards®
storage world

# WEEKLY MEAL PLANNER

WEEK STARTING .....

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| BREAKFAST | | | | | | | |
| LUNCH | | | | | | | |
| DINNER | IN THE FRIDGE<br>IN THE PANTRY<br>NEED TO BUY | IN THE FRIDGE<br>IN THE PANTRY<br>NEED TO BUY | IN THE FRIDGE<br>IN THE PANTRY<br>NEED TO BUY | IN THE FRIDGE<br>IN THE PANTRY<br>NEED TO BUY | IN THE FRIDGE<br>IN THE PANTRY<br>NEED TO BUY | IN THE FRIDGE<br>IN THE PANTRY<br>NEED TO BUY | IN THE FRIDGE<br>IN THE PANTRY<br>NEED TO BUY |