

Four decorative corner ornaments in a brown color, each featuring a heart and intricate scrollwork, positioned at the corners of the central beige square.

A Month of Meals

A 4-week meal planning journal



Bolton-Books.com
IWantToTalkToGrownups.com





This Week's Meals



Week of: _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SHOPPING LIST



SATURDAY

SUNDAY

What Worked...What Didn't





This Week's Meals



Week of: _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SHOPPING LIST



SATURDAY

SUNDAY

What Worked...What Didn't





This Week's Meals



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SHOPPING LIST



SATURDAY

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What Worked...What Didn't





This Week's Meals



Week of: _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SHOPPING LIST



SATURDAY

SUNDAY

What Worked...What Didn't



Monthly Meal Plan

Mon	Tues	Wed	Thurs	Fri	Sat / Sun
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●

What I want to try this month

Special items to purchase for meals



FIVE DAYS OF SAMPLE MEALS

M/W/F

BREAKFAST

Mushroom omelette, fresh strawberries, cottage cheese, freshly squeezed fruit juice

LUNCH

Chef salad, turkey bacon, fruit smoothie

DINNER

Salmon, dill sauce, asparagus, protein powder, snap peas

T/TH

BREAKFAST

Turkey bacon, chicken scramble, freshly squeezed fruit juice

LUNCH

Chicken salad, salad greens, vegetable soup, protein powder

DINNER

Halibut, honey sauce, quinoa, snap peas, zucchini, garlic chicken