



"A HEALTHY OUTSIDE STARTS
WITH A HEALTHY INSIDE."

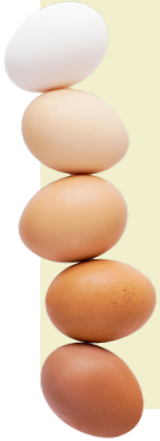
My Healthy Meal Planner

jennyatdapperhouse.com

MEAL IDEAS

WEEK OF / /

BREAKFAST



LUNCH



BREAKFAST



SNACK



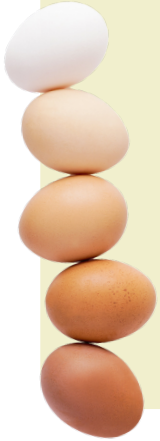
DESSERT



MEAL IDEAS

WEEK OF / /

BREAKFAST



LUNCH



BREAKFAST



SNACK



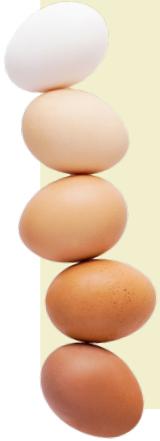
DESSERT



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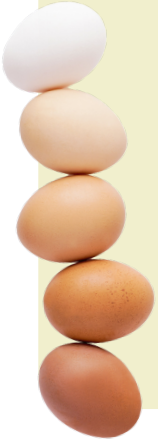
DESSERT



MEAL IDEAS

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SNACK



DESSERT



MEAL PLANNER

WEEK OF / /

MONDAY



TUESDAY

WEDNESDAY



THURSDAY

FRIDAY

SATURDAY



SUNDAY

NOTES

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MEAL PLANNER

WEEK OF / /

MONDAY



TUESDAY

WEDNESDAY



THURSDAY

FRIDAY

SATURDAY



SUNDAY

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MEAL PLANNER

WEEK OF / /

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MEAL PLANNER

WEEK OF / /

MONDAY



TUESDAY

WEDNESDAY



THURSDAY

FRIDAY

SATURDAY



SUNDAY

NOTES

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GROCERIES

WEEK OF / /

BUDGET

SPEND

FRUITS & VEG

MEATS &
SEAFOOD

DAIRY

BAKERY



CEREAL &
GRAINS

FREEZER

PANTRY

MISC.



GROCERIES

WEEK OF / /

BUDGET

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FRUITS & VEG



MEATS &
SEAFOOD

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BAKERY

CEREAL &
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FREEZER

PANTRY



MISC.

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MISC.

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BAKERY

CEREAL &
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FREEZER

PANTRY



MISC.

INVENTORY

[illegible]

INVENTORY

[illegible]

INVENTORY

[illegible]

INVENTORY

[illegible]

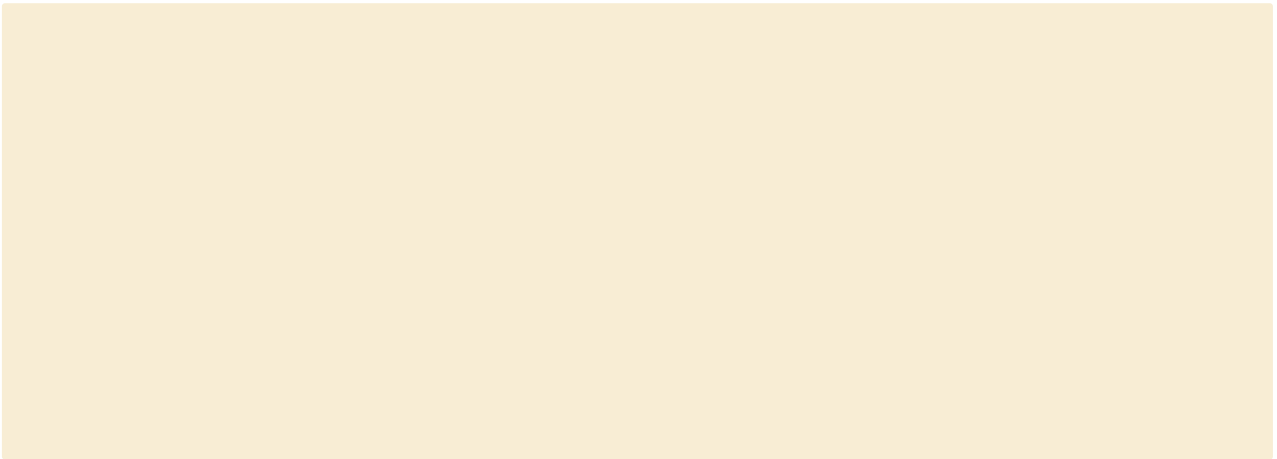
RECIPE

PREP TIME

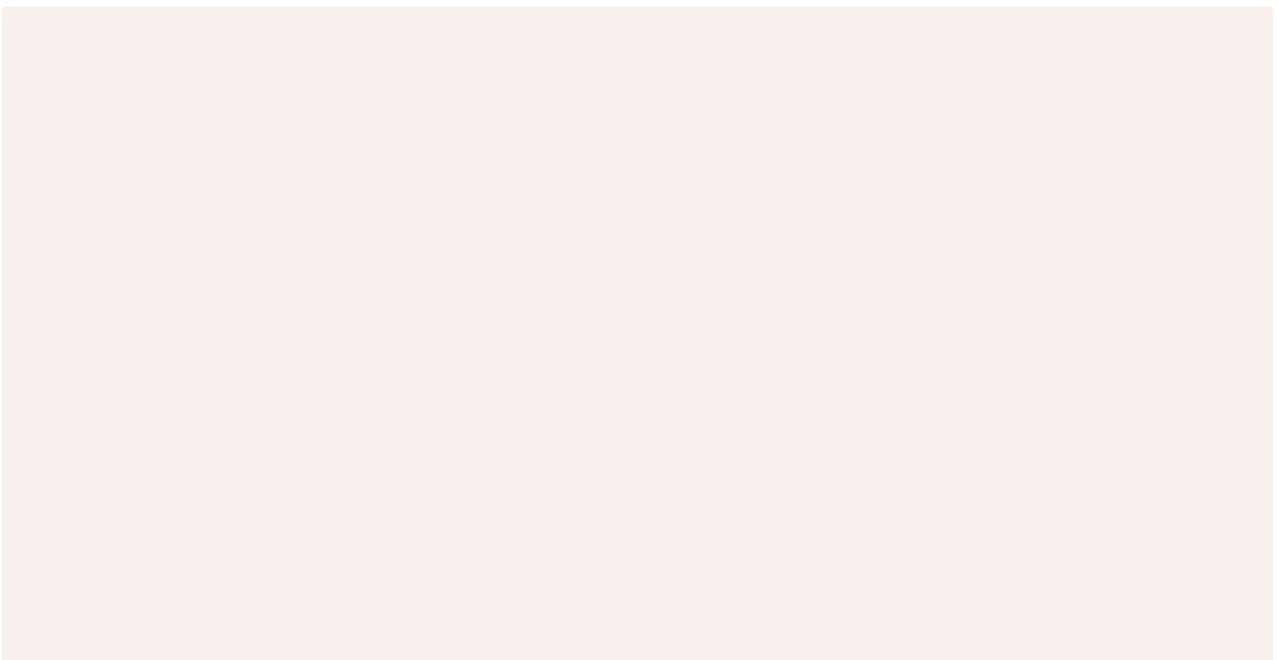
COOK TIME

SERVINGS

INGREDIENTS



DIRECTIONS



NOTES

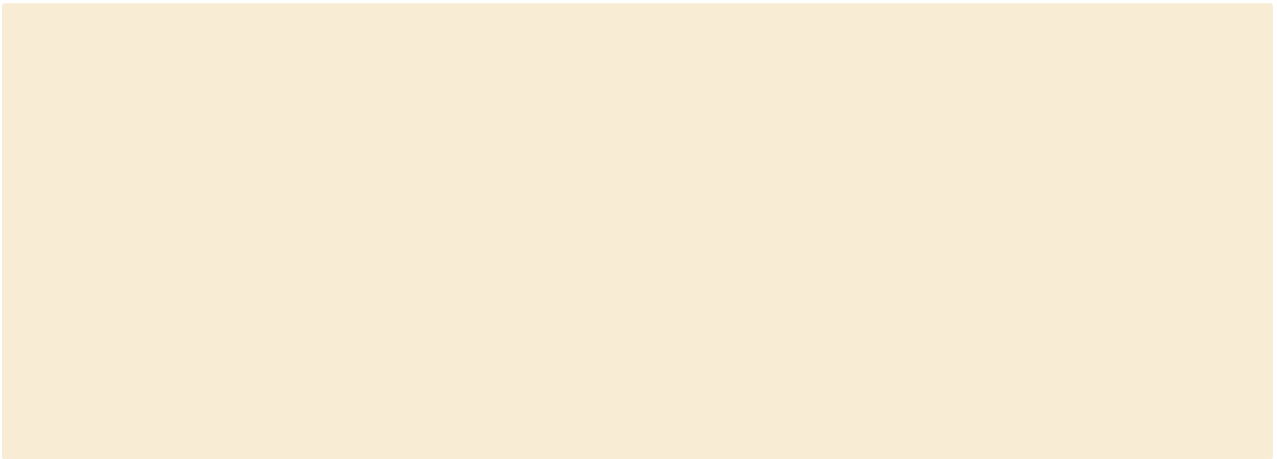
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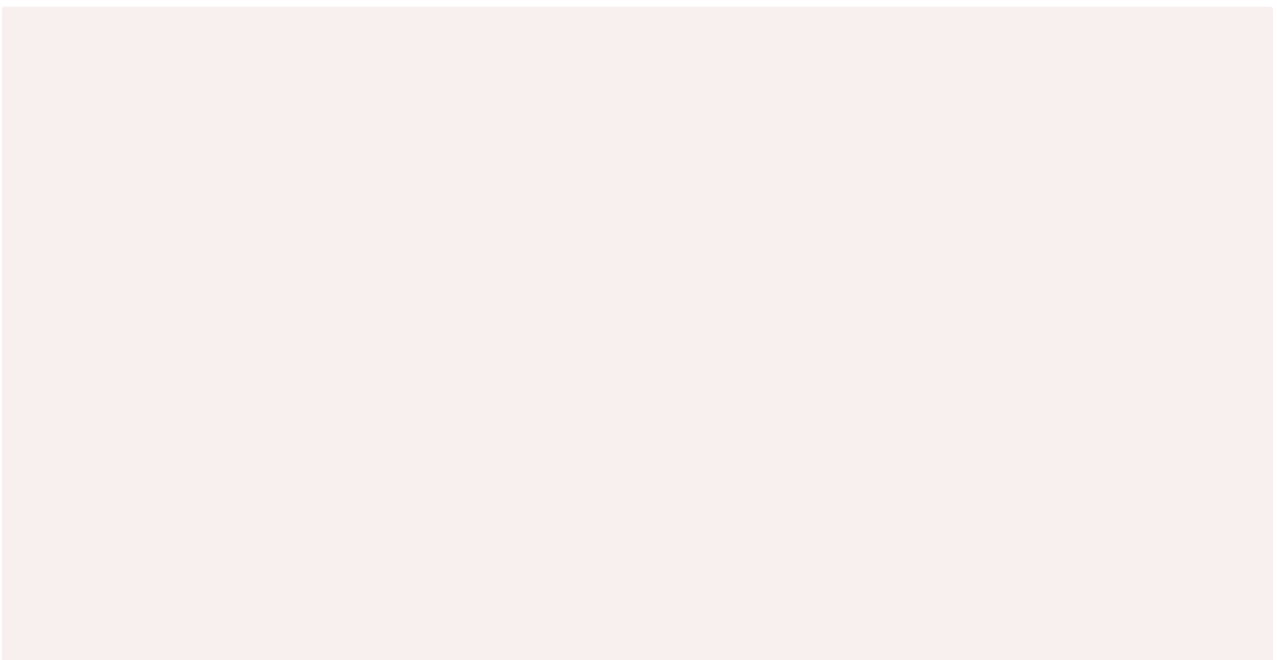
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DIRECTIONS



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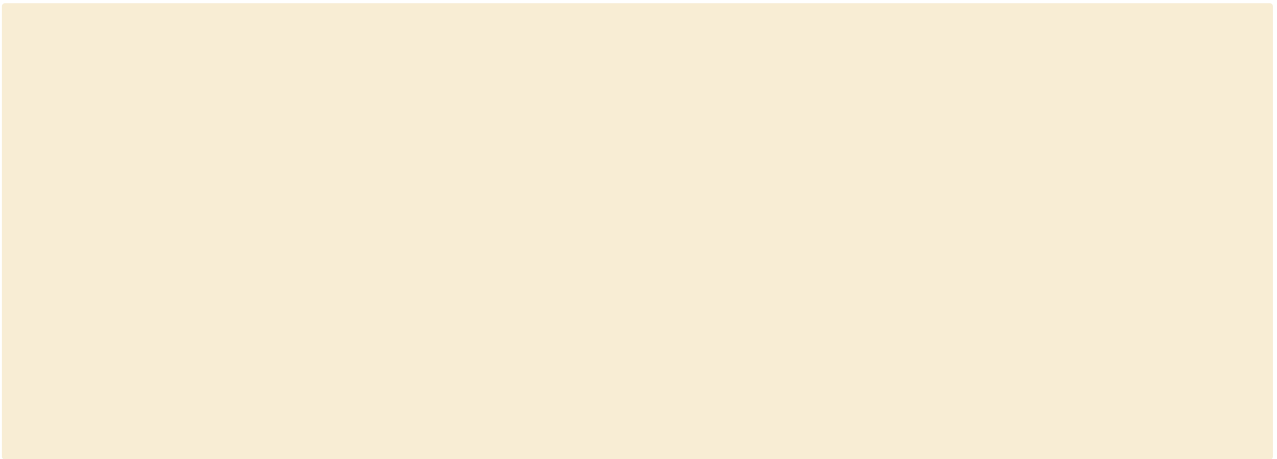
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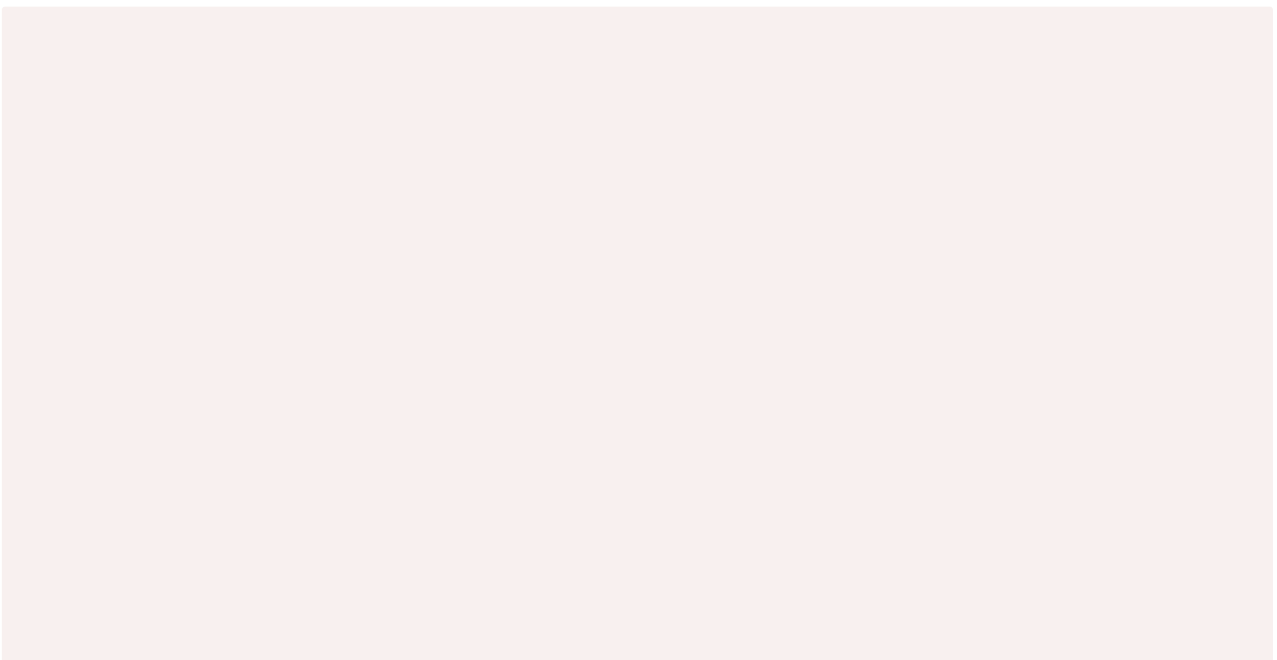
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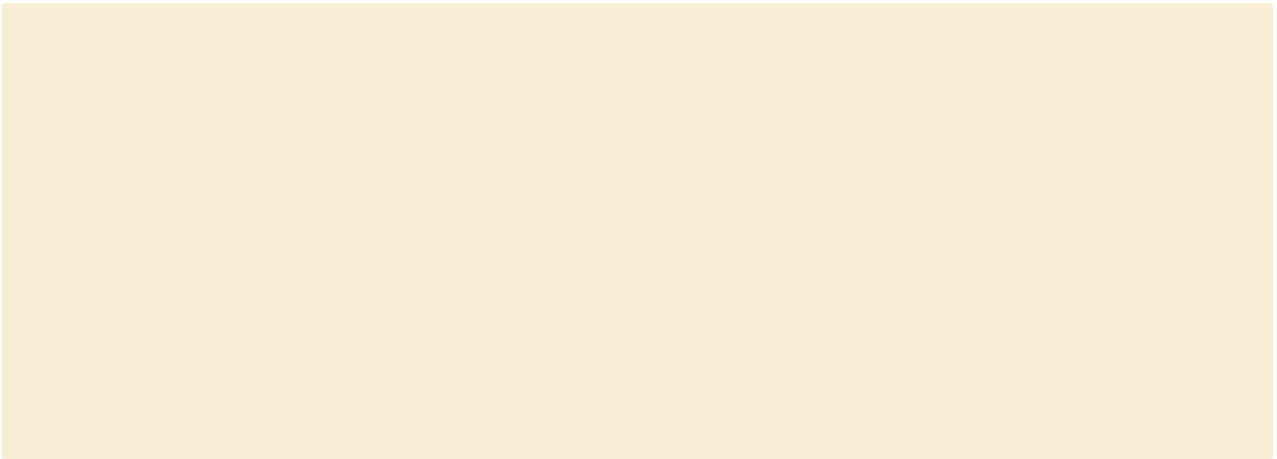
RECIPE

PREP TIME

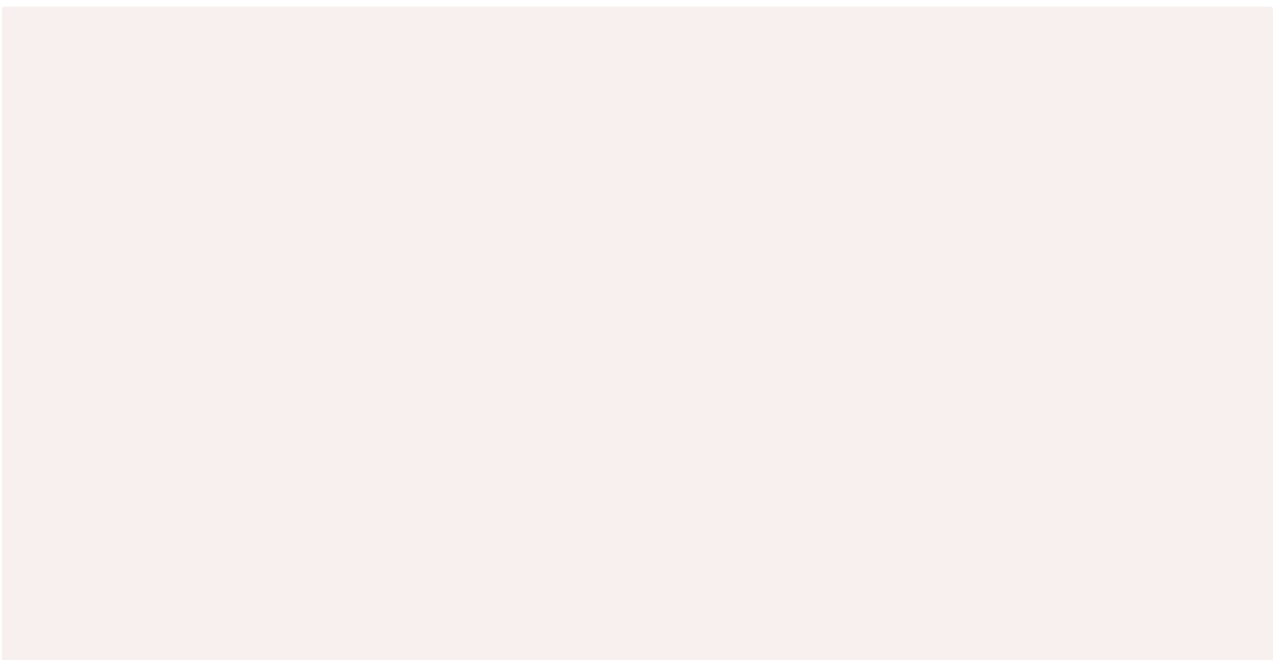
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