

Weekly Plan



W E D N E S D A Y /

M E A L P L A N

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W

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T H U R S D A Y /

N O T E S

F R I D A Y /

S A T U R D A Y /



Weekly Plan

CHECKLIST

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THIS WEEK

SUNDAY /

MONDAY /

TUESDAY /

EXPENSES

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W

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F

S

TOTAL: