

date

7 Day Menu Planner

Day	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



date

7 Day Menu Planner

Day	Breakfast	Lunch	Dinner
1			
2			
3			
4			
5			
6			
7			



Grocery List

A large, light green, vertically-oriented oval shape with a white border, intended for writing a grocery list. The text "Grocery List" is centered within the oval.