

# VEGETARIAN WEEKLY MEAL PLAN

Week of: \_\_\_\_\_

<b>DAY</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>	<b>SNACKS</b>
<b>Monday</b>				
<b>Tuesday</b>				
<b>Wednesday</b>				
<b>Thursday</b>				
<b>Friday</b>				
<b>Saturday</b>				

<b>DAY</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>	<b>SNACKS</b>
<b>Sunday</b>				

**GROCERY LIST / PREP TASKS**

**NOTES**