

weekly meal planner with bento lunch: weekend

	S	S												
breakfast														
lunch	<table border="1"><tr><td>protein</td><td>carb</td></tr><tr><td colspan="2">fruit & snacks</td></tr><tr><td colspan="2">veg</td></tr></table>	protein	carb	fruit & snacks		veg		<table border="1"><tr><td>protein</td><td>carb</td></tr><tr><td colspan="2">fruit & snacks</td></tr><tr><td colspan="2">veg</td></tr></table>	protein	carb	fruit & snacks		veg	
protein	carb													
fruit & snacks														
veg														
protein	carb													
fruit & snacks														
veg														
dinner														
snacks														

notes

Staples to make

week of _____

shopping list/notes