

**DATE**

**WEEKLY MENU PLANNER**

[www.frugalabundance.com](http://www.frugalabundance.com)

<b>Meal</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Breakfast</b>							
<b>Lunch</b>							
<b>Dinner</b>							
<b>Snacks</b>							