

Theme:

Recipe:

Notes:

SUN

MON

TUES

WED

THURS

FRI

SAT





Weekly Dinner Plan

HOW TO USE:

1. Go to idahonutrition.com/meals-minutes
2. Click on the monthly meal plan.
3. Choose a theme for each day of the week.
4. Next, choose a recipe according to that theme.
5. Use the "notes" side of this planner to add in notes (i.e. recipe notes, meetings, events, etc.)



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