



# Weekly Meal Plan



**BRAINSTORM** What are you craving this week?



**MEAL PLAN** Organize your meals and cravings to specific days.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
LUNCH							
DINNER							
SNACK							



**GROCERY LIST**  
Write down items you need to buy based on your meal plan.



**MAKE AHEAD**  
Is there anything you want to prepare in advance?

**Need recipe inspiration? Schedule a free cooking class today!**

Visit [bonCOOK.com](http://bonCOOK.com) for more information.