



# MY MEAL

## PLANNING BUNDLE

THE  
*Well X Planned*  
KITCHEN





# WHAT TO EAT

## BRAINSTORM



# BRAINSTORM | WEEK OF:

## BREAKFAST IDEAS



## LUNCH IDEAS



## DINNER IDEAS




## SNACK IDEAS



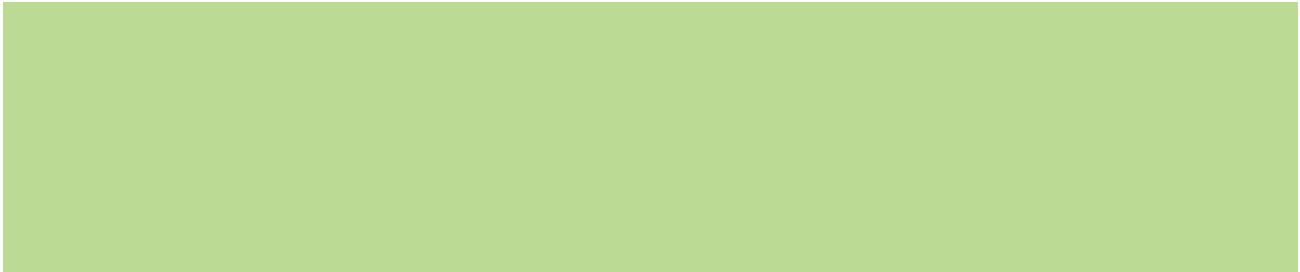


# BRAINSTORM | WEEK OF:

## BREAKFAST IDEAS

A large, solid yellow rectangular area intended for brainstorming breakfast ideas.

## LUNCH IDEAS

A large, solid light green rectangular area intended for brainstorming lunch ideas.

## DINNER IDEAS

A large, solid pink rectangular area intended for brainstorming dinner ideas.

## SNACK IDEAS

A large, solid orange rectangular area intended for brainstorming snack ideas.





# ON THE MENU

MEAL PLANNER



# MEAL PLAN | WEEK OF:

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY





A top-down view of various fresh groceries arranged on a background split vertically into green and yellow. On the green side, there is a whole red tomato, a lemon half, purple broccolini, a bunch of green basil, a head of lettuce, a red onion, a cucumber, and a brown paper bag containing bananas and lemons. On the yellow side, there is a piece of ginger, a whole red tomato, and a small glass bowl filled with white rice. A red rectangular box with a white border is centered over the image, containing the text 'IN MY CART' in large white letters and 'GROCERY LIST' in smaller white letters below it.


# IN MY CART

GROCERY LIST



## GROCERY LIST | WEEK OF:

## PRODUCE




## DAIRY

## MEATS/SEAFOOD

A blank yellow notepad with a spiral binding on the left side. The notepad is oriented vertically and has a clean, unlined surface. The spiral binding is visible on the left edge, consisting of a series of small, dark loops. The yellow color is a bright, slightly off-white shade. The notepad is set against a plain white background.**DELI/BAKERY**

## CEREALS/GRAINS

## SHELVES



## FREEZER

## MISCELLANEOUS





# HOW TO COOK

RECIPE CARDS



**SERVES:**



**PREP TIME:**



**COOK TIME:**

## INGREDIENTS

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## DIRECTIONS

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## NOTES