Meal Plan Blueprint

Season: _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO
SNACK	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO
LUNCH	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ ☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO
SNACK	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO
DINNER	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO
SNACK	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO	☐ Quick & Easy ☐ Instant Pot ☐ Slow Cooker ☐ 30-60 Minutes S. E. FP. XO

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