A Beautiful Mess WEEKDAY **WEEKEND**

# MEAL PREP GAME PLAN

## weekday

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

## weekend

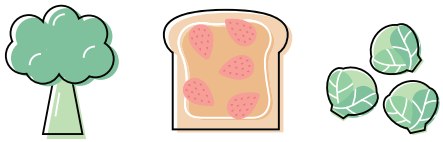
**FAVORITE MEAL(S) FROM THE WEEK:**

**WEEKEND TREATS:**

**MEAL PREP FOR NEXT WEEK:**

Check box when finished ☐

hooray! go you!



## SHOPPING LIST