## Weekly Meal Planner

Step 1: Write down what you eat for a month. Enter the name of the recipe for each meal. If you didn't eat, write "skipped." If you eat out, write where you went (so you know the type of food you ate).

|  | Breakfast |  | Lunch |
| :--- | :--- | :--- | :--- |
| Sunday |  |  |  |
| Monday |  |  |  |
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