

Weekly Meal Planning

| | BREAKFAST | LUNCH | DINNER | SNACKS & DRINKS |
|-----------|-----------|-------|--------|-----------------|
| MONDAY | | | | |
| TUESDAY | | | | |
| WEDNESDAY | | | | |
| THURSDAY | | | | |
| FRIDAY | | | | |
| SATURDAY | | | | |
| SUNDAY | | | | |

Weekly Shopping List

A series of ten horizontal grey bars, stacked vertically, intended for writing a shopping list. Each bar is a solid, uniform grey color and is approximately 60 pixels high. They are spaced evenly down the page, providing a template for listing items.