

YOUR WEEKLY MEAL PLANNER

Meal prep like a pro with our easy planner. Simply download, print and get planning!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
LUNCH							
DINNER							

PREP TASKS FOR THE WEEK

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Head to marksandspencer.com/recipes for easy recipe ideas

