

LUNES

Three empty rectangular boxes for meal planning on Monday.

MARTES

Three empty rectangular boxes for meal planning on Tuesday.

MIÉRCOLES

Three empty rectangular boxes for meal planning on Wednesday.

JUEVES

Three empty rectangular boxes for meal planning on Thursday.

VIERNES

Three empty rectangular boxes for meal planning on Friday.

SABADO

Three empty rectangular boxes for meal planning on Saturday.

DOMINGO

Three empty rectangular boxes for meal planning on Sunday.

**MEAL PLAN &
SHOPPING LIST**

SUPER

A vertical list of 20 checkboxes, each followed by a horizontal line for item entry under the 'SUPER' category.

FRUTAS Y VERDURAS

A vertical list of 15 checkboxes, each followed by a horizontal line for item entry under the 'FRUTAS Y VERDURAS' category.

CARNES

A vertical list of 6 checkboxes, each followed by a horizontal line for item entry under the 'CARNES' category.

EXTRAS

A vertical list of 6 checkboxes, each followed by a horizontal line for item entry under the 'EXTRAS' category.