

# Weekly Meal Planner

This week is:



Every meal  
is an  
opportunity

For loads of healthy recipes and family meal ideas, go to [www.knorr soups.ie](http://www.knorr soups.ie)

Breakfast

Lunch

Dinner

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			