Weekly Meal PLANNER

Week #32

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Creamy Mushroom Pasta	Smoked Salmon Carbonara	Cast Iron Steak for Two	Chicken Parmigiana Sandwiches

FRIDAY	SATURDAY	SUNDAY	NOTES
Ham and Cheese Soup for Two	Air Fryer Pizza	Smothered Chicken	

Weekly Meal

SHOPPING LIST

Freezer

INVENTORY