



Printable Diabetic Friendly Recipe Cards

Plan healthy meals for the week

Week of: _____

Serving: _____ people

WEEKLY MENU

	MON	TUE	WED	THU	FRI	SAT	SUN
Breakfast							
Lunch							
Dinner							
Snacks							

GROCERY LIST

- | | | | |
|--------------------------|-------|--------------------------|-------|
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MEAL PREP TASKS

- | | |
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NOTES