

AUTUMN

Weekly Meal Planner

Simple, seasonal meals to nourish
our bodies and bring joy to our table.

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY



THIS WEEK'S PLANS



SLOW COOKER NIGHT



SOUP NIGHT



BAKING



WEEKEND GATHERING

SHOPPING LIST

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NOTES & IDEAS



A LITTLE INSPIRATION

Use what's in season,
cook with love,
and gather around
the table together.

