

MAHERE KAI Ā-WIKI

Weekly Meal Planner

PARAKUIHI
Breakfast

Ō TŪHOE
Lunch

KAI O TE PŌ
Dinner

MANE

Monday

TŪREI

Tuesday

WENEREI

Wednesday

TĀITE

Thursday

PARAIRE

Friday

HĀTAREI

Saturday

HANAREI

Sunday

WIKI Week

RĀRAKI HOKOHOKO

Shopping List

