\begin{tabular}{|c|c|c|}
\hline \&  \& \\
\hline \multirow[t]{5}{*}{Priorities this week} \& \multirow[t]{3}{*}{Monday

Tuesday} \& \multirow[t]{3}{*}{Menu Ideas} \\
\hline \& \& \\
\hline \& \& \\
\hline \& Wednesday \& Grocery/ "to get" List \\
\hline \& Thursday \& \\
\hline \& Friday \& \\
\hline \& Saturday \& \\
\hline
\end{tabular}

