

MEALS FOR THE WEEK OF:

	breakfast	lunch	dinner	snacks
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

GROCERY LIST:

produce _____

produce _____

produce _____

produce _____

produce _____

produce _____

dairy _____

dairy _____

dairy _____

dairy _____

dairy _____

dairy _____

meat _____

meat _____

meat _____

meat _____

meat _____

meat _____

other _____

other _____

other _____

other _____

other _____

other _____

PREP AHEAD:
