

MENU

SUNDAY



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



Don't Forget:

SHOPPING

Fruits and Vegetables

- ✿ _____
- ✿ _____
- ✿ _____
- ✿ _____
- ✿ _____

Meat

- ✿ _____
- ✿ _____
- ✿ _____
- ✿ _____
- ✿ _____

Bread and Pastries

- ✿ _____
- ✿ _____
- ✿ _____

Dairy

- ✿ _____
- ✿ _____
- ✿ _____

Box / Can Goods

- ✿ _____
- ✿ _____
- ✿ _____
- ✿ _____

Snacks / Drinks

- ✿ _____
- ✿ _____
- ✿ _____
- ✿ _____

Frozen Foods

- ✿ _____
- ✿ _____
- ✿ _____

Other

- ✿ _____
- ✿ _____
- ✿ _____