

meal planning

monday

tuesday

wednesday

thursday

friday

saturday

sunday

Breakfast

Lunch

Dinner

Dairy

Meats

Frozen Foods

Produce

Canned Goods

Dry Goods

Misc.

Meals

| | |
|------------------|--|
| <u>monday</u> | |
| <u>tuesday</u> | |
| <u>wednesday</u> | |
| <u>thursday</u> | |
| <u>friday</u> | |
| <u>saturday</u> | |
| <u>sunday</u> | |

Grocery List

dairy

dry goods

canned goods

produce

frozen foods

misc.

meat