

MEALS FOR THE WEEK

BREAKFAST IDEAS

LUNCH IDEAS

DINNER

M	
T	
W	
R	
F	
S	
S	

GROCERY LIST

PRODUCE
P

DAIRY
D

GROCERY
G

BAKERY & DELI
B

MEAT
M

OTHER
O

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S _____

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OTHER

MEALS FOR THE WEEK

MONDAY

for LUNCH

for DINNER

TUESDAY

for LUNCH

for DINNER

WEDNESDAY

for LUNCH

for DINNER

THURSDAY

for LUNCH

for DINNER

FRIDAY

for LUNCH

for DINNER

SATURDAY

for LUNCH

for DINNER

SUNDAY

for LUNCH

for DINNER

GROCERY LIST

PRODUCE

BAKERY/DELI

MEAT

DAIRY

GROCERY

OTHER