

# WEEKLY MEAL PLAN

# SHOPPING LIST

<b>SUNDAY</b>	Breakfast	Lunch	Dinner
<b>MONDAY</b>	Breakfast	Lunch	Dinner
<b>TUESDAY</b>	Breakfast	Lunch	Dinner
<b>WEDNESDAY</b>	Breakfast	Lunch	Dinner
<b>THURSDAY</b>	Breakfast	Lunch	Dinner
<b>FRIDAY</b>	Breakfast	Lunch	Dinner
<b>SATURDAY</b>	Breakfast	Lunch	Dinner

<b>PRODUCE</b>	<b>BREAD/BAKERY</b>	<b>DELI</b>	<b>BREAKFAST</b>
<b>BAKING GOODS</b>	<b>CANNED GOODS</b>	<b>CONDIMENTS</b>	<b>SNACKS</b>
<b>REFRIGERATED</b>	<b>MEAT/SEAFOOD</b>	<b>FROZEN</b>	<b>DRINKS</b>
<b>HEALTH</b>	<b>HOUSEHOLD</b>	<b>MISCELLANY</b>	

WEEK OF: