Meal Plan

Grocery Shopping List

Grocery Shopping List		MEAL PLAN

Dairy:

- ☐ ----------
- ☐ ----------
- ☐ ----------
- ☐ ----------
- ☐ ----------
- ☐ ----------
- ☐ ----------
- ☐ ----------
- ☐ ----------

Fruit/ Veggies:

- ☐ ----------
- ☐ ----------
- ☐ ----------
- ☐ ----------
- ☐ ----------
- ☐ ----------
- ☐ ----------
- ☐ ----------
- ☐ ----------

Meat & Seafood:

- ☐ ----------
- ☐ ----------
- ☐ ----------
- ☐ ----------
- ☐ ----------
- ☐ ----------

Canned Goods:

- ☐ ----------
- ☐ ----------
- ☐ ----------
- ☐ ----------
- ☐ ----------
- ☐ ----------

Bread / Cereal:

- ☐ ----------
- ☐ ----------
- ☐ ----------
- ☐ ----------

Snacks:

- ☐ ----------
- ☐ ----------
- ☐ ----------
- ☐ ----------

Pet Items:

- ☐ ----------
- ☐ ----------
- ☐ ----------
- ☐ ----------

Other:

- ☐ ----------
- ☐ ----------
- ☐ ----------
- ☐ ----------
- ☐ ----------
- ☐ ----------
- ☐ ----------
- ☐ ----------

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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