



WEEKLY MENU PLAN

MENU

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

SHOP LIST

PRODUCE

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

MEAT

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAIRY

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

HOUSEHOLD GOODS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

FROZEN

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

HEALTH & BEAUTY

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

MISC

- _____
- _____
- _____
- _____
- _____

PET GOODS

- _____
- _____
- _____
- _____
- _____



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