

Week Of: _____

	breakfast	lunch	dinner	snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

SHOPPING LIST

vegetables & fruits	meat & deli	condiments & spices	canned goods
bread, grains, eggs & dairy	frozen food	baking goods, treats & others	dry goods (pasta, etc)
cleaning & house items	kid stuff	personal stuff & toiletries	miscellaneous