

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 |