

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 _____ _____ _____ _____ _____