MENU O' THE WEEK

PRO TIP: POST-IT NOTES LET YOU REARRANGE AS NEEDED **REMINDER:** ALLOW FOR LEFTOVERS + TAKEOUT

| | SUN | MON | TUES | WED | THURS | FRI | SAT |
|---------|-----|-----|------|-----|-------|-----|-----|
| IVIEALO | | | | | | | |
| | | | | | | | |
| | | | | | | | |

| GROCERIES: | NOTES: | | | | | | | | | | | ۰ | |
|------------|------------|-------|---|---|---|---|---|---|---|---|---|---|---|
| | | ٠ | ٠ | ٠ | ٠ | ٠ | ٠ | • | ٠ | ٠ | ٠ | • | • |
| | | ٠ | ٠ | ٠ | • | ٠ | ٠ | ٠ | ٠ | • | ٠ | ٠ | ۰ |
| | | ٠ | ٠ | ٠ | ٠ | ٠ | ٠ | • | ٠ | ٠ | ٠ | ٠ | • |
| | | ٠ | ٠ | ٠ | ٠ | ٠ | ٠ | ٠ | ٠ | ۰ | ٠ | ٠ | ۰ |
| | | • | ٠ | ٠ | 0 | • | ٠ | ٠ | ٠ | 0 | ٠ | ٠ | ٠ |
| | | ٠ | ٠ | ٠ | ٠ | ٠ | ٠ | ٠ | ٠ | ٠ | ٠ | ٠ | ٠ |
| | | ٠ | ٠ | ٠ | ٠ | ٠ | ٠ | ٠ | ٠ | • | ٠ | ٠ | ۰ |
| | | | | | | | | | | | | | |