## Shopping list

| Fruit / Vegetables | Frozen |
| :---: | :---: |
| Chilled | Dry Goods |
| Meat |  |
|  |  |


| Meal Plan <br> week of: | Breakfast | Lunch | Supper |
| :---: | :---: | :---: | :---: |
| Monday |  |  |  |
| Tuesiay |  |  |  |
| Wednesilay |  |  |  |
| Thursiay |  |  |  |
| Suriday |  |  |  |
|  |  |  |  |
| Saturday |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

