

# WEEKDAY MEAL PLAN AND SHOPPING LIST



MENU



PRODUCE



DAIRY &  
REFRIGERATED



MEAT, POULTRY  
& FISH



FROZEN



DRY GOODS &  
MISCELLANEOUS

	MENU	PRODUCE	DAIRY & REFRIGERATED	MEAT, POULTRY & FISH	FROZEN	DRY GOODS & MISCELLANEOUS
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
MISCELLANEOUS						