



meal  
planner

(WEEK OF)

<b>monday</b> M	
<b>tuesday</b> T	
<b>wednesday</b> W	
<b>thursday</b> T	
<b>friday</b> F	
<b>saturday</b> S	
<b>sunday</b> S	

## grocery list

dairy

produce

canned goods

frozen goods

misc.

meat