Grocery List					
Produce		Meat / Seafood		Dairy	Breads / Pasta
					5
Frozen Foods	Baking / Co	ndiments	Beverages	Specialty	Canned/Dried
			T 1 1) (° 11	D (D) I
Snacks	Cleaning P	roducts	Toiletries	Miscellaneous	Paper / Plastic
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Upcoming Meals					Notes Anything else?
Keep in mind					Anyining eises
Saturday 			Saturday 		
Sunday			Sunday		
Monday			Monday		
Tuesday			Tuesday 		
Wednesday			Wednesday		-
Thursday			Thursday		
Friday			Friday		