

# Meals

<u>monday</u>	
<u>tuesday</u>	
<u>wednesday</u>	
<u>thursday</u>	
<u>friday</u>	
<u>saturday</u>	
<u>sunday</u>	

# Grocery List

<b>dairy</b>	<b>dry goods</b>
<b>canned goods</b>	<b>produce</b>
<b>frozen foods</b>	
	<b>misc.</b>
<b>meat</b>	