



Meal Plan

mon

tue

wed

thu

fri

sat

sun



Shopping List

produce



meat, fish & poultry



drinks & snacks



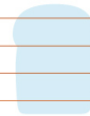
house & cleaning



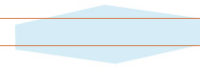
dairy



bread, pasta & cereal



frozen food



misc.