

# weekly menu & shopping list



MONDAY	B: _____ L: _____ D: _____	Shopping list: _____ _____ _____
TUESDAY	B: _____ L: _____ D: _____	Shopping list: _____ _____ _____
WEDNESDAY	B: _____ L: _____ D: _____	Shopping list: _____ _____ _____
THURSDAY	B: _____ L: _____ D: _____	Shopping list: _____ _____ _____
FRIDAY	B: _____ L: _____ D: _____	Shopping list: _____ _____ _____
SATURDAY	B: _____ L: _____ D: _____	Shopping list: _____ _____ _____
SUNDAY	B: _____ L: _____ D: _____	Shopping list: _____ _____ _____