

# Menu Planner/Grocery List

	Sun.	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
Breakfast							
Lunch							
Dinner							
Misc.							

Produce	Household Items
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
Breads/Cereals	Drinks
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
Meats	Frozen
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
Dairy	Snacks/Misc.
_____	_____
_____	_____
_____	_____
_____	_____

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Breads/Cereals	Drinks
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_____	_____
_____	_____
_____	_____
_____	_____
Meats	Frozen
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
Dairy	Snacks/Misc.
_____	_____
_____	_____
_____	_____
_____	_____