

# Weekly Meal Plan & Grocery List

|           |  |   |
|-----------|--|---|
| Sunday    | Produce<br><hr/> <hr/> <hr/> <hr/>             | Dry Goods<br><hr/> <hr/> <hr/> <hr/>    |
| Monday    | <hr/> <hr/> <hr/> <hr/>                        | <hr/> <hr/> <hr/> <hr/>                 |
| Tuesday   | Meat/ Poultry/ Fish<br><hr/> <hr/> <hr/> <hr/> | Canned Goods<br><hr/> <hr/> <hr/> <hr/> |
| Wednesday | <hr/> <hr/> <hr/> <hr/>                        | Other Items<br><hr/> <hr/> <hr/> <hr/>  |
| Thursday  | Frozen Items<br><hr/> <hr/> <hr/> <hr/>        | <hr/> <hr/> <hr/> <hr/>                 |
| Friday    | Dairy<br><hr/> <hr/> <hr/> <hr/>               | <hr/> <hr/> <hr/> <hr/>                 |
| Saturday  | <hr/> <hr/> <hr/> <hr/>                        | <hr/> <hr/> <hr/> <hr/>                 |