|  |
| --- |
| Grocery List Meal Planner 🛒 |
| **Monday** | **Tuesday** | **Wednesday** | **Notes** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| **THURSDAY** | **FRIDAY** | **WEEKEND** |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

|  |  |  |
| --- | --- | --- |
| FRESH PRODUCE | DAIRY | NON-PERISHABLE |
|[ ]   |[ ]   |[ ]   |
|[ ]   |[ ]   |[ ]   |
|[ ]   |[ ]   |[ ]   |
|[ ]   |[ ]   |[ ]   |
|[ ]   | MEAT |[ ]   |
|[ ]   |[ ]   |[ ]   |
|[ ]   |[ ]   |[ ]   |
|[ ]   |[ ]   |[ ]   |
|[ ]   |[ ]   |[ ]   |

|  |  |
| --- | --- |
| SNACKS | SUPPLIES |
|[ ]   |[ ]   |[ ]   |[ ]   |
|[ ]   |[ ]   |[ ]   |[ ]   |
|[ ]   |[ ]   |[ ]   |[ ]   |
|[ ]   |[ ]   |[ ]   |[ ]   |
| REFRIGERATED & FROZEN | OTHER |
|[ ]   |[ ]   |[ ]   |[ ]   |
|[ ]   |[ ]   |[ ]   |[ ]   |
|[ ]   |[ ]   |[ ]   |[ ]   |