

# Daily Meals

Monday \_\_\_\_\_

Tuesday \_\_\_\_\_

Wednesday \_\_\_\_\_

Thursday \_\_\_\_\_

Friday \_\_\_\_\_

Saturday \_\_\_\_\_

Sunday \_\_\_\_\_

# Shopping List

Produce

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Meat, Fish, & Poultry

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Drinks & Snacks

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Dairy

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Bread, Pasta, & Cereal

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Frozen Foods

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Miscellaneous

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_