

Week of:	Breakfast	Lunch	Dinner	Snacks
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Notes:

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## Grocery List

(Have a smart phone? Use an app such as: GroceryIQ, Remember the Milk, or Errands. You'll never leave your list at home!)

Bread/Pasta:

Dairy/Eggs:

Snack Food:

Baking/Spices:

Frozen Food:

Paper Goods:

Beverages:

Fruits/Veggies:

Pharmacy/Personal Care:

Breakfast/Cereal:

Juice:

Cleaning & Home:

Canned Goods:

Meat/Seafood:

Other:

Condiments/Dressings:

School/Office: