| groceries |  |  |  |
| :---: | :---: | :---: | :---: |
| BreakFast: |  | LUNCH: |  |
| DaY 1: | DaY 2: | DaY 3: | DaY 4: |
| DaY 5: | Day 6: | Day 7: | SPECIaL: |
| PaNTTY ITEMS: | Meat: |  |  |

[^0]
## NON-FOOD ITEMS:


[^0]:    FIIDGe/FFeezer ITeMs:

