

MONDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_

TUESDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_

WEDNESDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_

THURSDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_

FRIDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_

SATURDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_

SUNDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_

GROCERIES

VEGGIES

FRUITS

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

MEAT +  
PROTEIN

DAIRY

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

GRAINS

FROZEN

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

CANNED

DRINKS

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