

Weekly Menu

Shopping List

Main Dish

Sides

Produce

Dairy

Meat

S

M

T

W

T

F

S

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Frozen

Canned Goods

Packaged Goods

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Snacks & Drinks

Baked Goods

Baking & Spices

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Household Items

_____	_____	_____
_____	_____	_____