



Weekly Grocery List



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

MEAT

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

PRODUCE

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

DAIRY

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

FREEZER

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

OTHER

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