

GROCERY LIST & MEAL PLAN

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B							
L							
D							

PRODUCE	MEAT	DAIRY/DELI	PANTRY/GRAIN	FROZEN
<input type="checkbox"/> apples	<input type="checkbox"/> chicken	<input type="checkbox"/> shredded cheese	<input type="checkbox"/> wheat bread	<input type="checkbox"/> pizza
<input type="checkbox"/> bananas	<input type="checkbox"/> steak	<input type="checkbox"/> sliced cheese- jack	<input type="checkbox"/> tortillas	<input type="checkbox"/> hash browns
<input type="checkbox"/> oranges	<input type="checkbox"/> ground beef	<input type="checkbox"/> sliced cheese-ched	<input type="checkbox"/> buns	<input type="checkbox"/> fries
<input type="checkbox"/> peaches	<input type="checkbox"/> hamburgers	<input type="checkbox"/> lunch meat	<input type="checkbox"/> pasta	<input type="checkbox"/> veggies
<input type="checkbox"/> pears	<input type="checkbox"/> stew meat	<input type="checkbox"/> yogurt	<input type="checkbox"/> rice	<input type="checkbox"/> fruit
<input type="checkbox"/>	<input type="checkbox"/> pork chops	<input type="checkbox"/> cottage cheese	<input type="checkbox"/> cereal	<input type="checkbox"/> waffles
<input type="checkbox"/>	<input type="checkbox"/> fish	<input type="checkbox"/> butter	<input type="checkbox"/> beans	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> bacon	<input type="checkbox"/> eggs	<input type="checkbox"/> tuna fish	<input type="checkbox"/>
<input type="checkbox"/> tomatoes	<input type="checkbox"/> breakfast sausage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> carrots	<input type="checkbox"/> italian sausage	<input type="checkbox"/>	<input type="checkbox"/>	CONDIMENTS
<input type="checkbox"/> broccoli	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> ketchup
<input type="checkbox"/> spinach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> mustard
<input type="checkbox"/> zucchini	<input type="checkbox"/>	BEVERAGES	SNACKS/BAKING	<input type="checkbox"/> mayo
<input type="checkbox"/> potatoes	<input type="checkbox"/>	<input type="checkbox"/> coffee	<input type="checkbox"/> chips	<input type="checkbox"/> peanut butter
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> creamer	<input type="checkbox"/> nuts	<input type="checkbox"/> jam
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> juice	<input type="checkbox"/> cookies	<input type="checkbox"/> ranch
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> water	<input type="checkbox"/>	<input type="checkbox"/> spaghetti sauce
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> milk	<input type="checkbox"/>	<input type="checkbox"/> salsa
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>