

Monday - Breakfast	Lunch	Dinner	<u>grocery list</u>
Tuesday - Breakfast	Lunch	Dinner	
Wednesday - Breakfast	Lunch	Dinner	
Thursday - Breakfast	Lunch	Dinner	
Friday - Breakfast	Lunch	Dinner	
Saturday - Breakfast	Lunch	Dinner	
Sunday - Breakfast	Lunch	Dinner	

meat

pantry

cold

veggies

misc.

frozen

fruit

Costco

