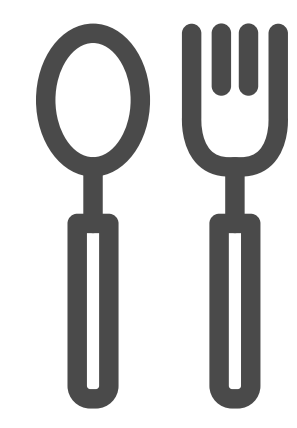


Weekly Meal Plan



Monday

Tuesday

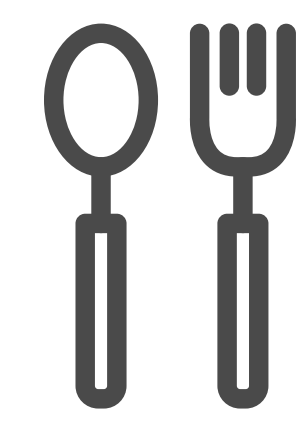
Wednesday

Thursday

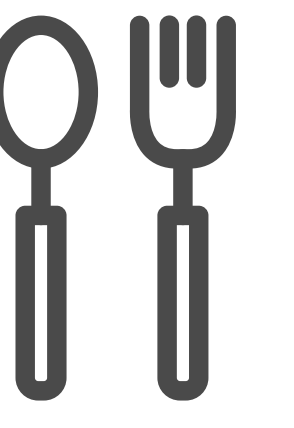
Friday

Saturday

Sunday



Shopping List



Fresh Produce

Canned / Condiments

Meat / Seafood

Baking Goods

Refrigerated

Household

Frozen

Drinks and Snacks