**GROCERY LIST**

OTHER

HOUSEHOLD

BEVERAGES

FROZEN

PRODUCE

PANTRY

DAIRY

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | MEAT | | |  |
|  |  |  |
|  | |  | |
|  | |  | |
|  | |  | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | BREAD/BAKETY | | |  |
|  |  |  |
|  | |  | |
|  | |  | |
|  | |  | |

**MEAL PLAN**

FOR THE WEEK OF: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SUNDAY

MONDAY

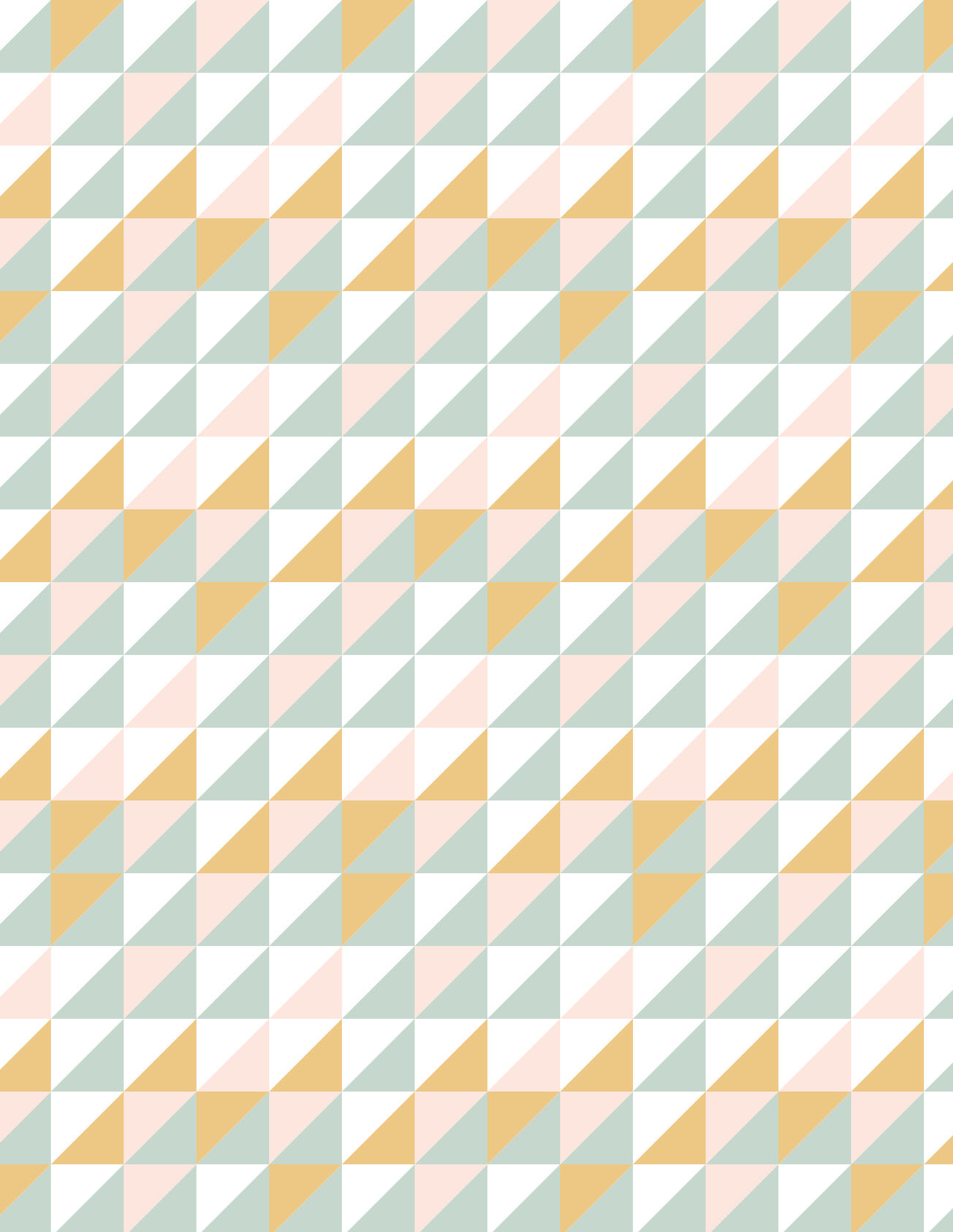
TUESDAY

WEDNESDAY

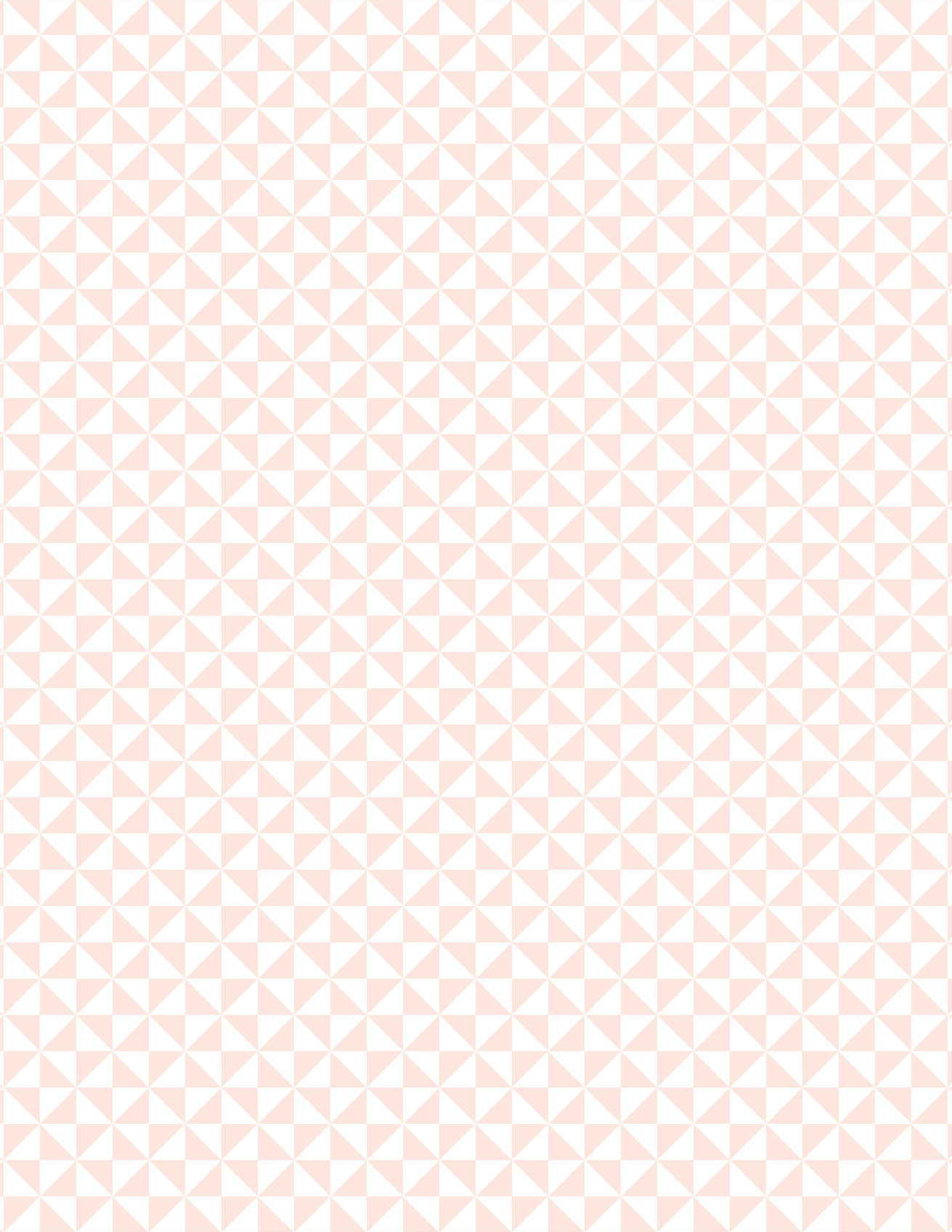
THURSDAY

FRIDAY

SATURDAY



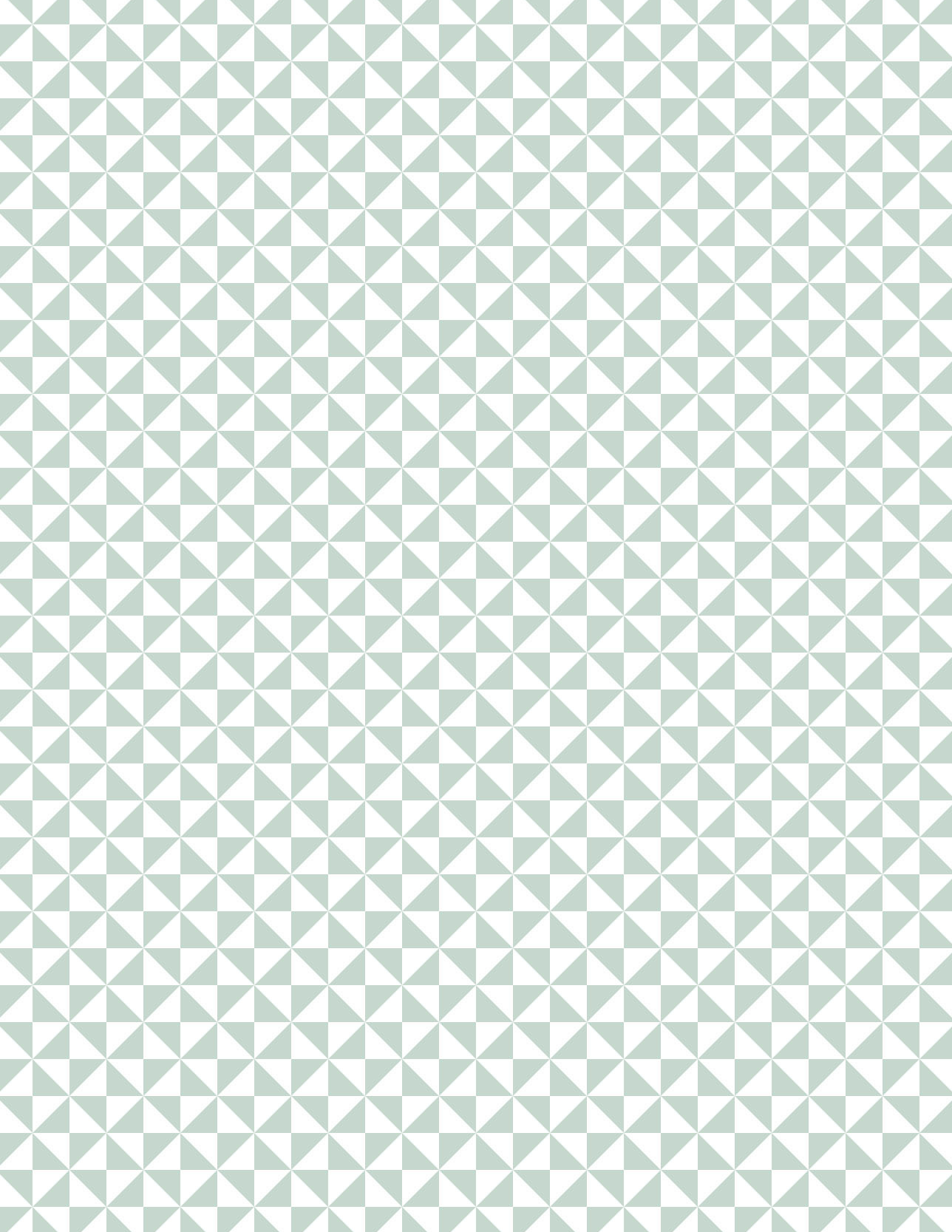
RECIPE BINDER



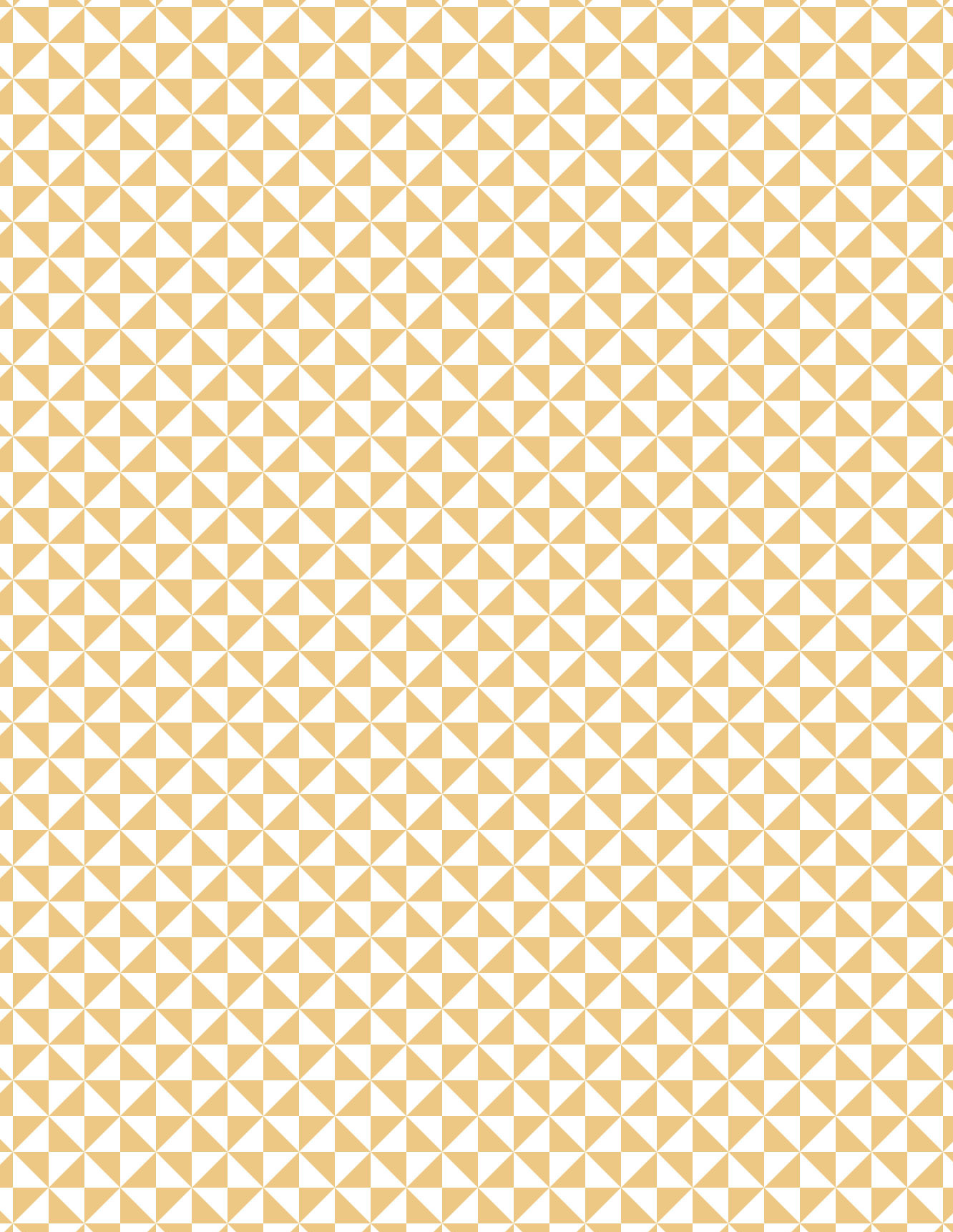
APPETIZERS

&

BEVERAGES



BREADS



BREAKFAST

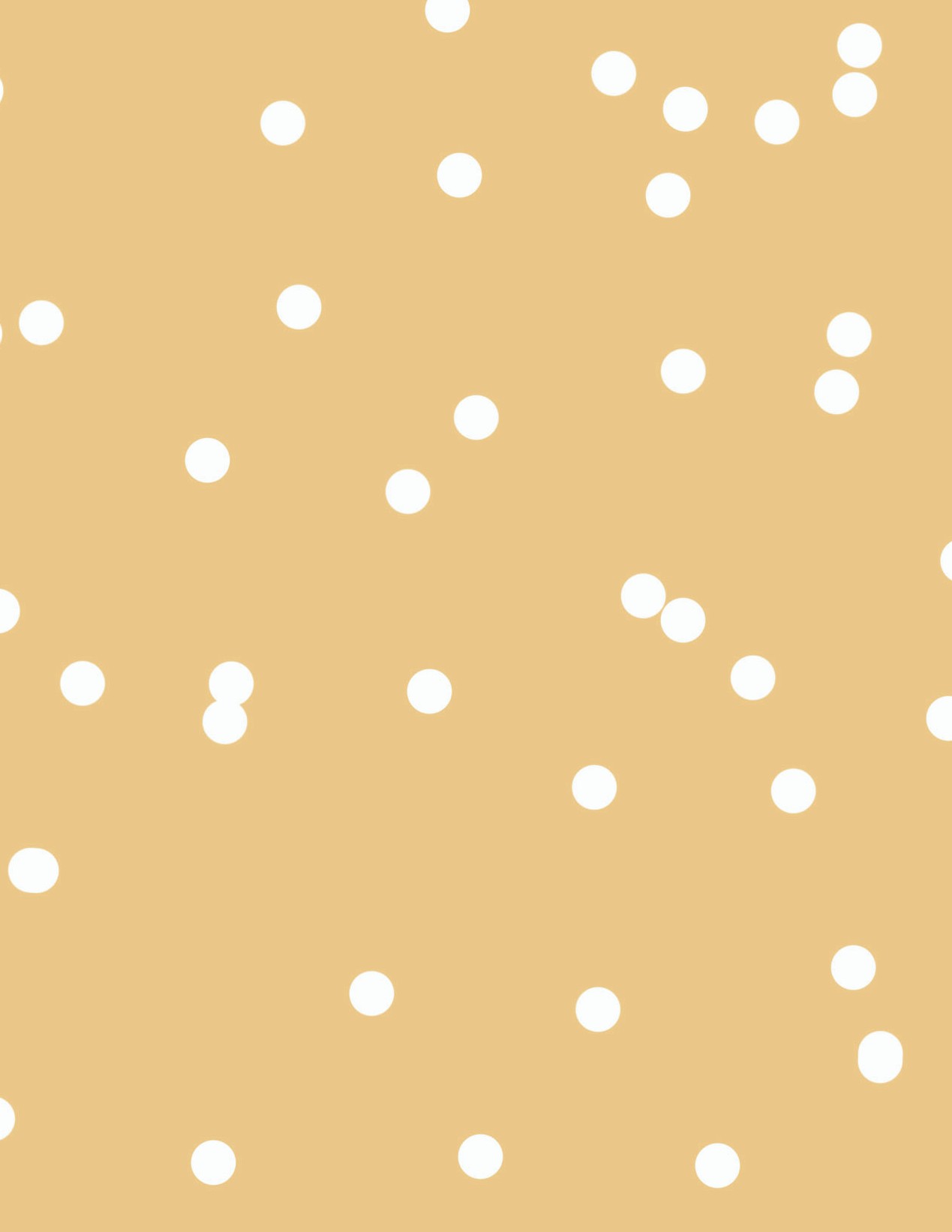


soups



salads &

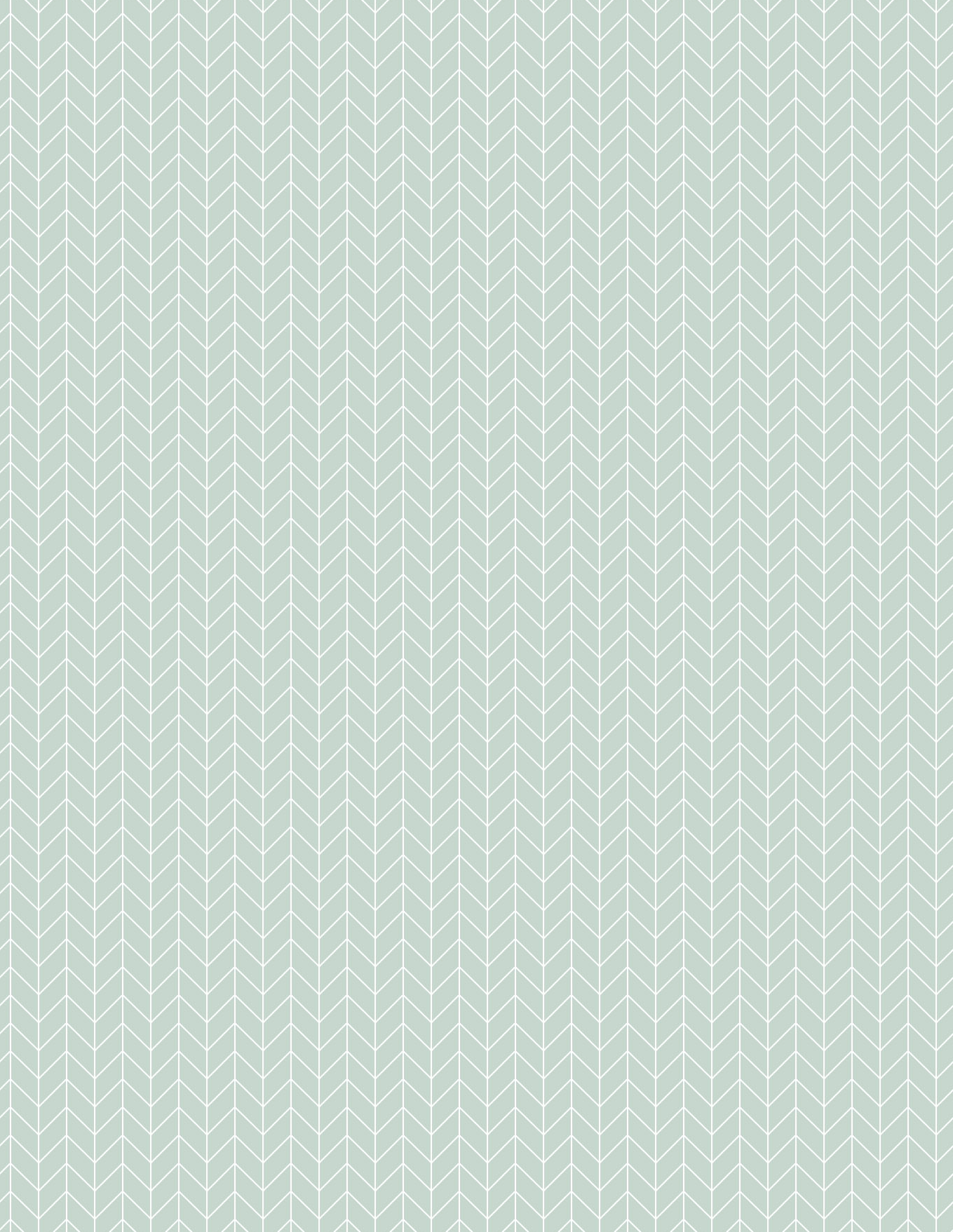
sandwiches



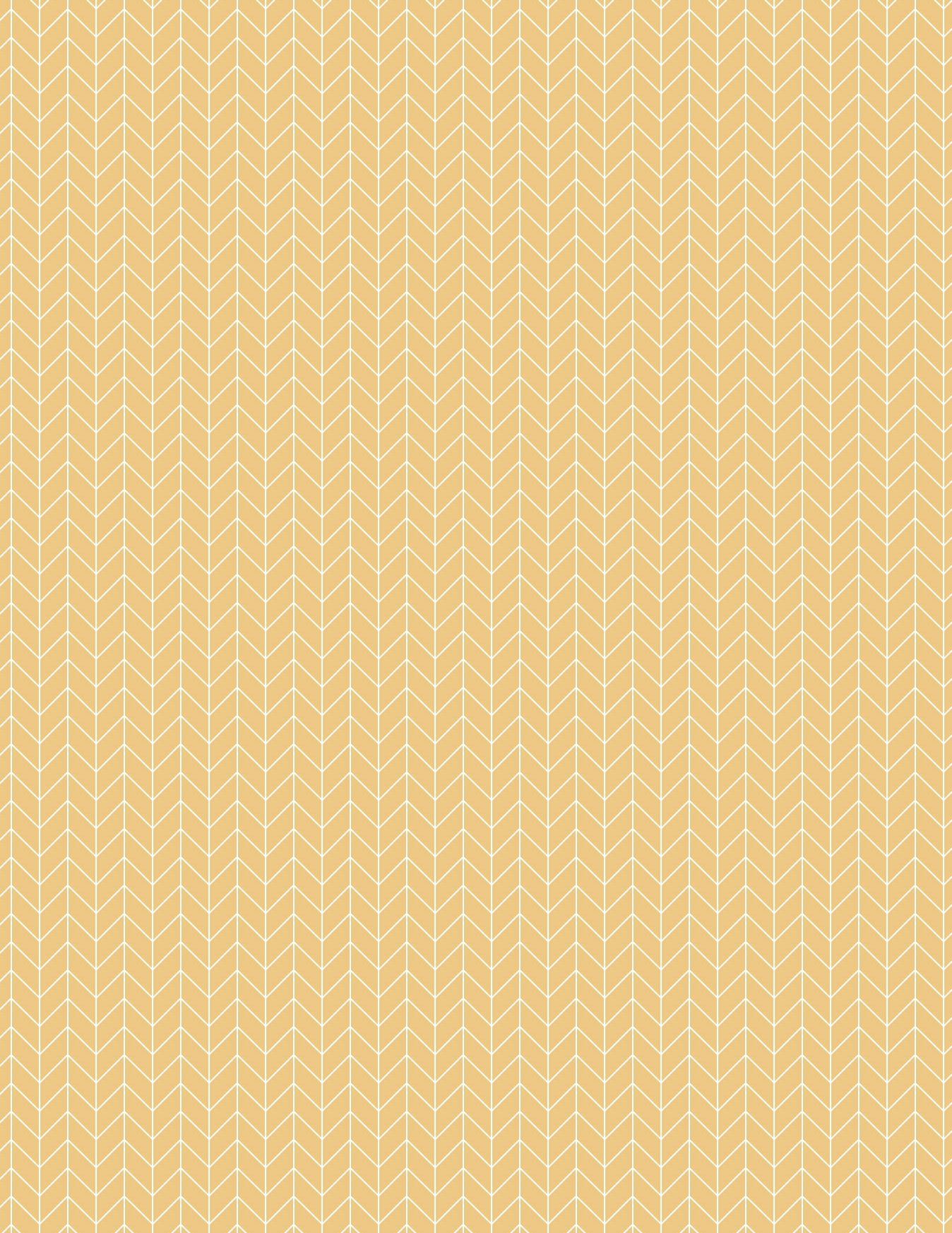
LUNCH



SIDE DISHES



MAIN DISHES



DESSERTS



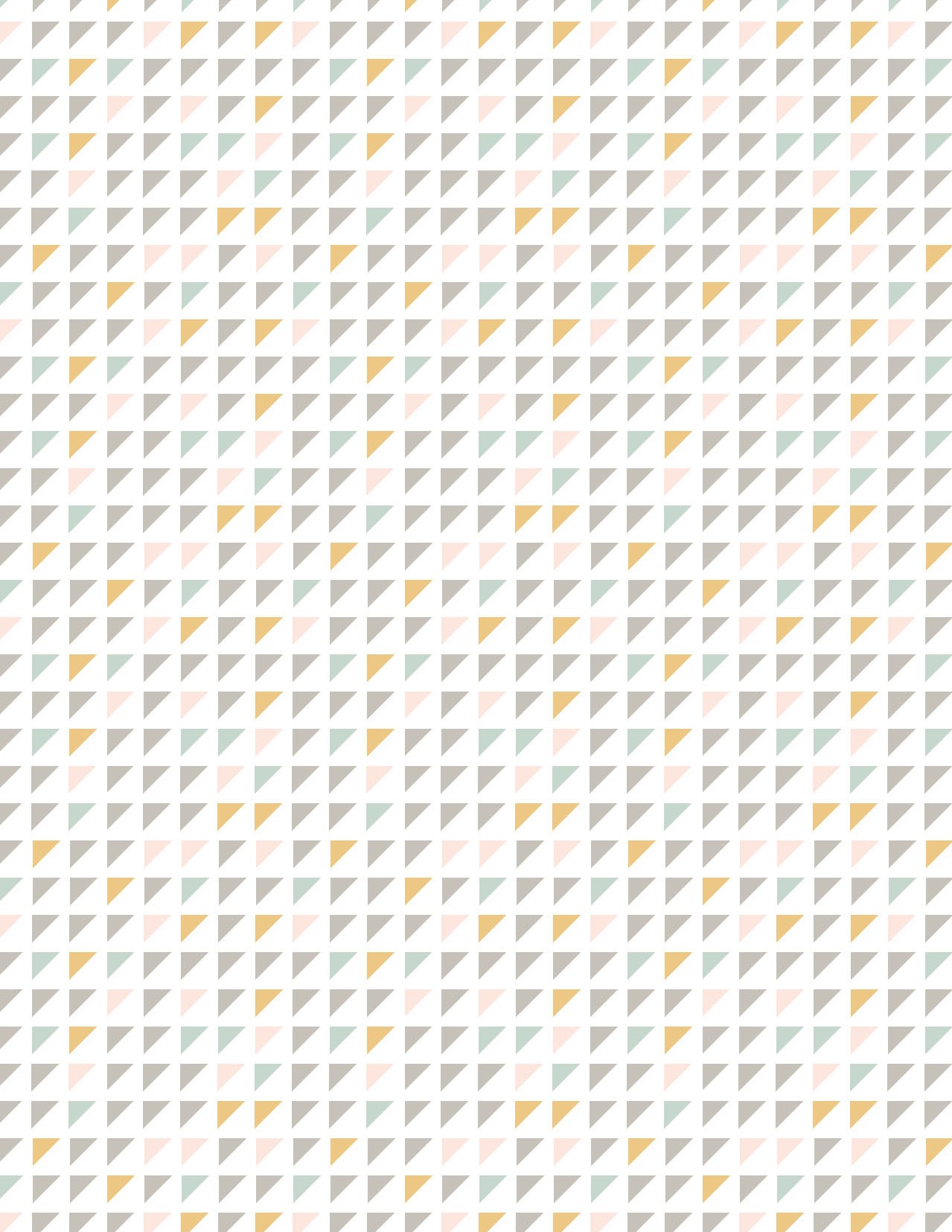
MISC



NOTES



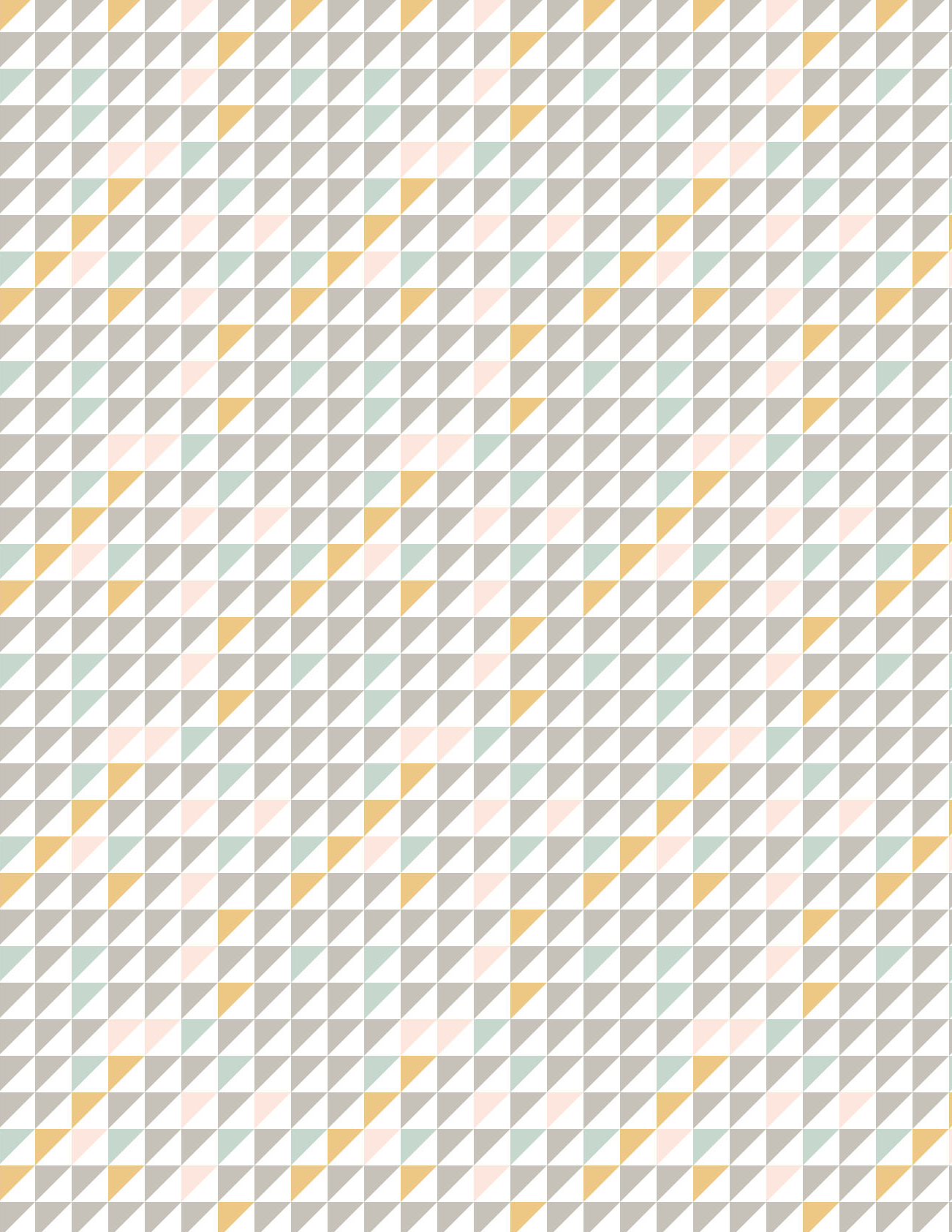
FAVORITES



\_\_\_\_\_\_\_\_\_\_\_



\_\_\_\_\_\_\_\_\_\_\_



\_\_\_\_\_\_\_\_\_\_\_

RECIPE FOR:



INGREDIENTS:



DIRECTIONS:



NOTES:

RECIPE FOR:



INGREDIENTS:



DIRECTIONS:



NOTES:

RECIPE FOR:



INGREDIENTS:



DIRECTIONS:



NOTES:

RECIPE FOR:



INGREDIENTS:



DIRECTIONS:



NOTES:

Appetizers & beverages

Appetizers & beverages

breads breads

breakfast

soups

salads & sandwiches

lunch

breakfast

soups

salads & sandwiches

lunch

side dishes side dishes

main dishes

desserts

main dishes

desserts

misc recipes misc recipes

notes notes

favorites favorites

