Meal Schedule

Monday

BREAKFAST:
LUNCH:
SNACK:
DINNER:
DESSERT:

Tuesday

BREAKFAST:
LUNCH:
SNACK:
DINNER:
DESSERT:

Wednesday

BREAKFAST:
LUNCH:
SNACK:
DINNER:
DESSERT:

Thursday

BREAKFAST:
LUNCH:
SNACK:
DINNER:
DESSERT:

Friday

BREAKFAST:
LUNCH:
SNACK:
DINNER:
DESSERT:

Saturday

BREAKFAST:
LUNCH:
SNACK:
DINNER:
DESSERT:

Sunday

BREAKFAST:
LUNCH:
SNACK:
DINNER:
DESSERT:

Print multiple copies for filling out manually or you can fill out electronically if you don't have a printer.

GROCERY LIST

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