Sunday Monday Tuesday Wednesday Thursday Saturday Notes:	Week of:	Breakfast	Lunch	Dinner	Snacks
Tuesday Wednesday Thursday Friday Salurday	Sunday				
Wednesday Thursday Friday Saturday	Monday				
Thursday Friday Saturday	Tuesday				
Friday Saturday	Wednesday				
Saturday Saturday	Thursday				
	Friday				
Notes:	Saturday				

Grocery List (Have a smart phone? Use an app such as: GroceryIQ, Remember the Milk, or Errands. You'll never leave your list at home!)

Bread/Pasta:	Dairy/Eggs:	Snack Food:
Baking/Spices:	Frozen Food:	Paper Goods:
Beverages:	Fruits/Veggies:	Pharmacy/Personal Care:
Breakfast/Cereal:	Juice:	Cleaning & Home:
Canned Goods:	Meat/Seafood:	Other:
Condiments/Dressings:	School/Office:	