

Breakfast Favorites

[illegible]

Lunch Favorites

[illegible]

Snack Favorites

[illegible]

Dessert Favorites

[illegible]

This image shows a single sheet of white paper with horizontal blue lines, resembling notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

7 Day Meal Plan Calendar

Days ➡							
Breakfast							
Lunch							
Dinner							
Snacks							
Dessert							

GROCERY LIST

Produce

- ☐ Apples
- ☐ Bananas
- ☐ Grapes
- ☐ Strawberries
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ Lettuce
- ☐ Tomatoes
- ☐ Carrots
- ☐ Green Peppers
- ☐ Cucumbers
- ☐ Broccoli
- ☐ Potatoes
- ☐ Onions
- ☐ _____
- ☐ _____

Dairy

- ☐ Milk
- ☐ Eggs
- ☐ Butter/Margarine
- ☐ Yogurt
- ☐ Shredded Cheese
- ☐ Deli Cheese
- ☐ Cream Cheese
- ☐ Sour Cream
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Beverages

- ☐ Coffee
- ☐ Tea
- ☐ Juice
- ☐ Soda
- ☐ _____
- ☐ _____

Canned Goods

- ☐ Beans
- ☐ Corn
- ☐ Tomatoes
- ☐ Fruit
- ☐ _____
- ☐ _____
- ☐ _____

Frozen

- ☐ Pizza
- ☐ Ice Cream
- ☐ Waffles
- ☐ Veggies
- ☐ Fruit
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Grains

- ☐ Bread
- ☐ Bagels/Muffins
- ☐ Tortillas
- ☐ Cereal
- ☐ Oatmeal
- ☐ Pasta
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Meat

- ☐ Chicken (___lb.)
- ☐ Beef (___lb.)
- ☐ Fish (___lb.)
- ☐ Pork (___lb.)
- ☐ Deli Meat
- ☐ _____
- ☐ _____
- ☐ _____

Baking

- ☐ Cake Mix
- ☐ Flour
- ☐ Sugar
- ☐ Chocolate Chips
- ☐ _____
- ☐ _____
- ☐ _____

Condiments

- ☐ Peanut Butter
- ☐ Salad Dressing
- ☐ _____
- ☐ _____
- ☐ _____

Snacks

- ☐ Popcorn
- ☐ Chips
- ☐ Granola Bars
- ☐ _____
- ☐ _____

Home Goods

- ☐ Toilet Paper
- ☐ Paper Towels
- ☐ Tissues
- ☐ Hand/Dish Soap
- ☐ Laundry Detergent
- ☐ Dryer Sheets
- ☐ Trash Bags
- ☐ _____
- ☐ _____

Toiletries

- ☐ Shampoo
- ☐ Conditioner
- ☐ Body/Face Wash
- ☐ Toothpaste
- ☐ Deodorant
- ☐ Razors
- ☐ _____