WEEKLY MEAL PLAN & GROCERY LIST			W VZ
	,	JOTES	
Week of:		NOTES	DON THE WRIGHT AF
MONDAY Breakfast: Lunch: Dinner:			BODY THE "
Snacks:	GROCERIES:		
	GROCERIES.		
TUESDAY Breakfast: Lunch: Dinner:	Produce	Meat/Deli	
Snacks: WEDNESDAY Breakfast Lunch	Canned/Dry	Dairy/Cold Items	
Dinner	Goods		
Snacks			
THURSDAY Breakfast Lunch Dinner	Baking Supplies/Spices	Frozen Foods	
Snacks FRIDAY Breakfast Lunch	- Supplies/Spices	Household Item	ns
Dinner	Oile/Candimente		
Snacks SATURDAY Breakfast Lunch Dinner	Oils/Condiments Other		
Snacks			_
SUNDAY Breakfast			
Lunch			
Dinner Snacks	4		