

WHAT'S FOR DINNER?



M

T

W

T

F

S

S

GROCERY SHOPPING

PRODUCE

MEAT

DAIRY

DRY GOODS

CANNED GOODS

MISCELLANEOUS

WHAT'S FOR DINNER?



M

T

W

T

F

S

S

GROCERY SHOPPING

PRODUCE

MEAT

DAIRY

DRY GOODS

CANNED GOODS

MISCELLANEOUS



# WHAT'S FOR DINNER?

M

T

W

T

F

S

S

## MEAL PREP NOTES

# LET'S GO SHOPPING!



PRODUCE

CANNED // CONDIMENTS

MEAT // SEAFOOD

SPICES // SEASONINGS // BAKING

BREAD // SNACKS

FROZEN

DAIRY // REFRIGERATED

MISCELLANEOUS



WHAT'S FOR DINNER?



M

T

W

T

F

S

S

○ GROCERY SHOPPING ○

PRODUCE

MEAT

DAIRY

DRY GOODS

MISCELLANEOUS



WHAT'S FOR DINNER?



M

T

W

T

F

S

S

○ GROCERY SHOPPING ○

PRODUCE

MEAT

DAIRY

DRY GOODS

MISCELLANEOUS