

# Weekly Menu Planner

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDS.</b>	<b>THURS.</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>Breakfast</b>							
<b>Snack</b>							
<b>Lunch</b>							
<b>Snack</b>							
<b>Dinner</b>							

# Weekly Shopping List To Help You Plan Your Menu

<b>Vegetables/Fruit</b>  _____  _____  _____  _____  _____  _____  _____  _____  _____  _____	<b>Dairy</b>  _____  _____  _____  _____  _____  _____  _____  _____  _____  _____	<b>Breads/Cereals</b>  _____  _____  _____  _____  _____  _____  _____  _____  _____  _____
<b>Meats</b>  _____  _____  _____  _____  _____  _____  _____  _____  _____  _____	<b>Household Items</b>  _____  _____  _____  _____  _____  _____  _____  _____  _____  _____	<b>Drinks</b>  _____  _____  _____  _____  _____  _____  _____  _____  _____  _____
<b>Frozen</b>  _____  _____  _____  _____  _____  _____  _____  _____  _____  _____	<b>Misc.</b>  _____  _____  _____  _____  _____  _____  _____  _____  _____  _____	<b>Snacks</b>  _____  _____  _____  _____  _____  _____  _____  _____  _____  _____