

THE MENU

THE LIST

MONDAY

BREAKFAST

LUNCH

DINNER

SNACK

TUESDAY

BREAKFAST

LUNCH

DINNER

SNACK

WEDNESDAY

BREAKFAST

LUNCH

DINNER

SNACK

THURSDAY

BREAKFAST

LUNCH

DINNER

SNACK

FRIDAY

BREAKFAST

LUNCH

DINNER

SNACK

SATURDAY

BREAKFAST

LUNCH

DINNER

SNACK

SUNDAY

BREAKFAST

LUNCH

DINNER

SNACK

PRODUCE

CANNED/DRY

CHILLED/DAIRY

BUTCHER/DELI

FROZEN

HOUSEHOLD

OTHER
