	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
breakfast						
lunch						
dinner						

shopping list

Produce:	Eggs & Milk:	Sweeteners:
		emment commenter and comment a
	tallacticiiiiitaalacticiiiiitaata	Flours & Baking Mixes:
	Nuts & Seeds:	
	ementellimententellimente	
	Fats & Oils:	
encente commence de la commence de l		
Meat & Broth:	encentralistation and a state of the state o	
	Frozen Foods:	