

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>breakfast</b>						
<b>lunch</b>						
<b>dinner</b>						

# shopping list

Produce:

Eggs & Milk:

Sweeteners:

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Flours & Baking Mixes:

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Nuts & Seeds:

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Fats & Oils:

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Meat & Broth:

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Frozen Foods: