

Shopping List:

THIS IS WHAT I PLAN TO **EAT!**

FROM _____ TO _____

MONDAY

BF:
L:
D:
SN:

TUESDAY

BF:
L:
D:
SN:

WEDNESDAY

BF:
L:
D:
SN:

THURSDAY

BF:
L:
D:
SN:

FRIDAY

BF:
L:
D:
SN:

SATURDAY

BF:
L:
D:
SN:

SUNDAY

BF:
L:
D:
SN:

RECIPES ARE FOUND HERE