

MONTHLY MEALS *save money. save time. save your sanity!*

MONTH:

week one

monday _____

tuesday _____

wednesday _____

thursday _____

friday _____

saturday _____

sunday _____

week two

monday _____

tuesday _____

wednesday _____

thursday _____

friday _____

saturday _____

sunday _____

week three

monday _____

tuesday _____

wednesday _____

thursday _____

friday _____

saturday _____

sunday _____

week four

monday _____

tuesday _____

wednesday _____

thursday _____

friday _____

saturday _____

sunday _____

GROCERY LIST

Dairy _____

Veggies _____

Meat/Poultry/Fish _____

Fruits _____

Cereal/Snacks _____

Frozen _____

Baking _____

Misc _____

Grains/Canned Goods _____
