

This Week's Meals

Start by planning your meals each day, considering how much time you have available to cook.

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Grab your recipes, coupons, and running grocery list and combine it all onto this master list.

Fresh Produce	Frozen Foods	Bread/Bakery
Dairy/Refrigerated	Herbs/Spices/Baking	Dry/Canned Goods
Bulk Foods	Deli, Meat, Poultry	Household/Misc.

