



GROcery



PRODUCE (fruits, vegetables, herbs)

MEAT (rotisserie chicken, beef, fish, sliced turkey)

DAIRY (eggs, cheese, milk, butter, sour cream, yogurt)

BREAD/GRAIN (baguette, sourdough, rice, tortillas)

FROZEN (ice cream, waffles, frozen vegetables)

PANTRY/HOUSEHOLD (canned goods, baking, soap)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN

mrs casey ann