

# Weekly Menu Plan

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**Sunday**

# Grocery Shopping List

**Bread / Bakery**

**Canned / Condiments**

**Fruit / Vegetables**

**Baking Goods**

**Meat / Seafood**

**Household**

**Refrigerated**

**Drinks**

**Frozen**

**Snacks**

**Cereal / Breakfast**

**Misc.**