



# What to EAT!

## WEEKLY MEAL PLANNING SHEET



### • market list •

• monday •

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• friday •

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• tuesday •

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• saturday •

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• wednesday •

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• sunday •

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• thursday •

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• notes •

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FRESH FRUITS & VEGGIES

MEAT & SEAFOOD

DAIRY

FROZEN

PANTRY STAPLES

BULK FOODS

DELI & BAKERY

VITAMINS & SUPPLEMENTS

BEER, WINE & FLORAL



- CHECK THE AD FOR THIS WEEK'S DEALS
- CLIP MOBILE COUPONS

- GRAB YOUR REUSABLE BAG
- DON'T FORGET THE ICE