	Monday.	Tuesday,	Wednesday,	Thursday.	Friday,	Saturday,
breakfast						
lunch						
dinner						

## shopping list

Eggs & Milk:	Sweeteners:				
	echeeneer and an and an and an				
toteleccielletoteleccielittetele	Flours & Baking Mixes:				
Nuts & Seeds:					
enter excent and excerting the					
Fats & Oils:					
Meat & Broth:					
maneerenameerenameeren Frozon Foods:					

Frozen Foods: