

# What TO EAT THIS WEEK



## MENU

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## GROCERY LIST

### FRUIT & VEGETABLES

.....  
.....  
.....  
.....  
.....

### MEAT & FISH

.....  
.....  
.....  
.....  
.....

### BREAD & BAKERY PRODUCTS

.....  
.....  
.....  
.....  
.....

### MILK PRODUCTS

.....  
.....  
.....  
.....  
.....

### NON-PERISHABLE

.....  
.....  
.....  
.....  
.....

### FROZEN

.....  
.....  
.....  
.....  
.....