WHAT'S COOKING THIS WEEK?

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Breakfast:	Lunch:	Dinner:
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Veggies & Fruit

- ☐ _____ $_____
- ☐ _____ $_____
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- ☐ _____ $_____

Meat

- ☐ _____ $_____
- ☐ _____ $_____
- ☐ _____ $_____
- ☐ _____ $_____
- ☐ _____ $_____

Dairy

- ☐ _____ $_____
- ☐ _____ $_____
- ☐ _____ $_____
- ☐ _____ $_____
- ☐ _____ $_____
- ☐ _____ $_____

Canned

- ☐ _____ $_____
- ☐ _____ $_____
- ☐ _____ $_____
- ☐ _____ $_____
- ☐ _____ $_____
- ☐ _____ $_____
- ☐ _____ $_____

Frozen

- ☐ _____ $_____
- ☐ _____ $_____
- ☐ _____ $_____
- ☐ _____ $_____
- ☐ _____ $_____

Other

- ☐ _____ $_____
- ☐ _____ $_____
- ☐ _____ $_____
- ☐ _____ $_____
- ☐ _____ $_____
- ☐ _____ $_____

Wants

- ☐ _____ $_____
- ☐ _____ $_____
- ☐ _____ $_____
- ☐ _____ $_____
- ☐ _____ $_____
- ☐ _____ $_____