

Weekly Meal Planner	Activities and Obligations	Breakfast	Lunch	Dinner
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Items in the Refrigerator and Pantry:

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Grocery List:

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Toiletries, Pharmacy, etc.

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Paper and Cleaning Products:

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**Remember:**

- Plan for 5 fruits and vegetables per day.
- Check grocery store ads before you plan.
- Plan to use up the food you already have.
- Plan to only make one trip per week.
- Don't forget your coupons.
- Take cash so you don't overspend.