

WEEKLY MENU

Menus:

Dessert of the week:

ADDITIONAL

Ingredients for dessert

GROCERY LIST

WEEKLY Ingredients

PRODUCE

PANTRY

MEAT/POULTRY/FISH

DAIRY

MISCELLANEOUS

PANTRY ESSENTIALS

(to have on hand)

STAPLES

FRIDGE

FRESH

HERBS AND SPICES

Extra Items for Your Family: milk, eggs, bread, fruits, vegetables, etc.