



## Meal Planner/Shopping Organizer

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lunch</b>	Turkey dogs  Apple	Chicken Salad  Mango	Zucchini Lasagna  Salad	Tuna Sandwich  Salad	Turkey Pita w/ tomato  Banana	Eat at Mom's	Ham or turkey sandwich  Chips
<b>Dinner</b>	Baked chicken  Salad Applesauce	Zucchini Lasagna  Broccoli Melon Bread	Chicken Taco's  Refried Beans	Sloppy Joe's  Tater tots Green Beans	Baked Fish  Brown Rice	Grill Buffalo burgers  Tomato/cucumber salad	Order Pizza
<b>Grocery List Main Course</b>		<b>Veggies</b>	<b>Fruit</b>	<b>Bread</b>	<b>Spices</b>	<b>Dairy</b>	<b>Misc.</b>
8 Chicken breasts  Deli Turkey Deli Ham  2 lbs. Ground beef		2 heads lettuce  5 zucchini 3 tomato's 1 celery 1 cucumber	3 Apples  4 banana's	Buns  Soft taco shells  Wheat bread	Oregano Pepper	Eggs  2 pkgs. Shredded mozzarella cheese  Milk  Cottage cheese	Natural cereal  Can of tomato's



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