	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack 1							
Lunch							
Snack 2							
Dinner							
Snack 3							

Fruits	Vegetables	Bread, Fish, Meat & Cheese
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
Breakfast	**Boxed & Canned**	**Condiments & Oils**
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
Seeds, Nuts & Spices	**Baking**	**Cold**
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
Frozen	**Other**	
❑ _____	❑ _____	
❑ _____	❑ _____	
❑ _____	❑ _____	
❑ _____	❑ _____	
❑ _____	❑ _____	
❑ _____	❑ _____	
❑ _____	❑ _____	