

# Shopping List

## Fruits and Vegetables

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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- \_\_\_\_\_
- \_\_\_\_\_

## Meats

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- \_\_\_\_\_
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- \_\_\_\_\_
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- \_\_\_\_\_
- \_\_\_\_\_

## Frozen and Canned

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## Dairy

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## Breads and Cereals

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## Other

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- \_\_\_\_\_

*Preparing and eating more meals at home is the healthy way for your family.*

## WEEKLY MEAL PLANNER

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday