How To Meal Plan ho	owtomealplanguide.co	<u>m</u>	Shoppi	ng List	X
Baby	Cans/Jars	Frozen	Pasta/Rice	Seafood	Sunday
Bakery	Cleaning	Fruits	Personal	Seasoning	Monday Tuesday
Baking	Condiments	Meats	Pets	Snacks	Wednesday
Breakfast	Drinks	Paper	Refrigerated	Vegetables	Thursday
Misc.					Saturday