

## Meal Plan/Shopping List

- Monday
  - Week Lunches:
  - Dinner -
- Tuesday
  - Dinner -
- Wednesday
  - Dinner -
- Thursday
  - Dinner -
- Friday
  - Dinner -
- Saturday
  - Lunch -
  - Dinner -
- Sunday
  - Lunch -
  - Dinner -

Produce
2 Romaine Packs
1 Bag Spinach
2 Bags Kale
3 onions
4 red peppers
4 tomatoes
2 Cucumbers
Pears/apples
Bananas
Big bag carrots
2 packs mushrooms

Meat
2 sausage
1 lb Lunch Meat

Middle Aisles
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Dairy
2 Greek Yogurts
2 dozen Eggs
2 Dozen Eggs - Boiling
Milk
Butter
Sour cream
Block cheddar
2 cream cheese

Frozen
4 Cauliflower
4 Broccoli

ABC
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