1.2.3. Meal Plan!

Date:

Smart Grocery List



Grains

Dairy

Vegetables/Fruits

Pantry & Dry Goods

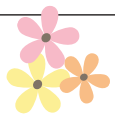
Frozen

Household & Miscellaneous

Proteins

Snacks

Don't forget....



Apps /Coupons to check