

WEEKLY DINNER PLANS:

MONDAY: —————> Protein or meat: _____
Vegetable or Fruit: _____
Starch/Carb (optional): _____

TUESDAY: —————> Protein or meat: _____
Vegetable or Fruit: _____
Starch/Carb (optional): _____

WEDNESDAY: —————> Protein or meat: _____
Vegetable or Fruit: _____
Starch/Carb (optional): _____

THURSDAY: —————> Protein or meat: _____
Vegetable or Fruit: _____
Starch/Carb (optional): _____

FRIDAY: —————> Protein or meat: _____
Vegetable or Fruit: _____
Starch/Carb (optional): _____

SATURDAY: —————> Protein or meat: _____
Vegetable or Fruit: _____
Starch/Carb (optional): _____

SUNDAY: —————> Protein or meat: _____
Vegetable or Fruit: _____
Starch/Carb (optional): _____

PRODUCE– Deli – Bakery -- Organic

Shop-Rite – Shopping List

14) Frozen Foods

6) Canned Goods/Gravies/Pasta

MEATS (along back of store)

7-8) Candy/Nuts/Baby Stuff

DAIRY & BREADS

9) Rice/Dried Beans/Ethnic Foods

1) Juices/Protein Bars/Drinks/Cereals Bars

10) Pet Supplies/Bug Sprays

2-3) Toiletries & OTC Drugs

11-12) Cleaners/Candles/Cards/Laundry Supplies

Rx Wall) Vitamins, More Protein Supp.

4) Baking Needs & Household Gadgets

16-19) Coffee/Tea + PB, Pretzels/Chips, Sodas

5) Condiments, Oils, Dressings, Tuna

13) Paper/Plastic/Foil/Napkins/Tissues/TP