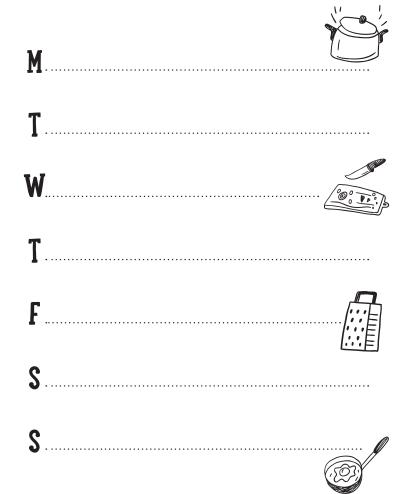


Weekly Menu Plan





Grocery List

produce	meat/seafood	pantry/dry goods
	refrigerated / dairy	
		snacks & drinks
bread/bakery & deli		
	<u></u>	household & misc.
	frozen	

