Grocery List					
Produce	Dairy	Meat		Canned Foods	Frozen
				Dry Food	
		Bread/Cereal			
	Baking				
Sweets & Snacks					
					Condiments
Beverages	Health /Beauty	Paper Products		Cleaning	Miscellaneous
M			Natari		
Menu			Notes:		
Monday: Tuesday:					
Wednesday:					
Thursday:					
Friday:					
Saturday:					
Sunday:					