Om Nom Nom

WHAT'S COOKING?

MONDAY
B: _____
L: _____
S: _____
D: _____

TUESDAY
B: _____
L: _____
S: _____
D: _____

WEDNESDAY
B: _____
L: _____
S: _____
D: _____

THURSDAY
B: _____
L: _____
S: _____
D: _____

FRIDAY
B: _____
L: _____
S: _____
D: _____

SATURDAY
B: _____
L: _____
S: _____
D: _____

SUNDAY
B: _____
L: _____
S: _____
D: _____

SHOPPING list

produce
- o _____ o _____
- o _____ o _____
- o _____ o _____
- o _____ o _____
- o _____ o _____
- o _____ o _____
- o _____ o _____
- o _____ o _____
- o _____ o _____
- o _____ o _____
- o _____ o _____
- o _____ o _____
- o _____ o _____

protein
- o _____ o _____
- o _____ o _____
- o _____ o _____
- o _____ o _____
- o _____ o _____
- o _____ o _____

other
- o _____ o _____
- o _____ o _____
- o _____ o _____
- o _____ o _____
- o _____ o _____
- o _____ o _____
- o _____ o _____
- o _____ o _____