

Status: Organized

Weekly Meal Prep

Monday Meal

Ingredients to Buy

Tuesday Meal

Ingredients to Buy

Wednesday Meal

Ingredients to Buy

Thursday Meal

Ingredients to Buy

Friday Meal

Ingredients to Buy

Saturday Meal

Ingredients to Buy

Sunday Meal

Ingredients to Buy

Status: Organized Weekly Shopping List

Produce

Bakery & Bread

Meat & Seafood

Cereals & Breakfast Foods

Soups & Canned Goods

Snacks & Crackers

Pasta & Rice

Oils, Spices, Condiments

Dairy, Cheese, Eggs

Frozen Foods

Drinks

Misc.
