

MONDAY

meal PLANNING

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 _____



DON'T FORGET

COUPONS

WATER

REUSABLE BAGS

STORE CARDS

SNACK

COOLER BAGS

PHONE OFFERS

SNACK FOR KIDS