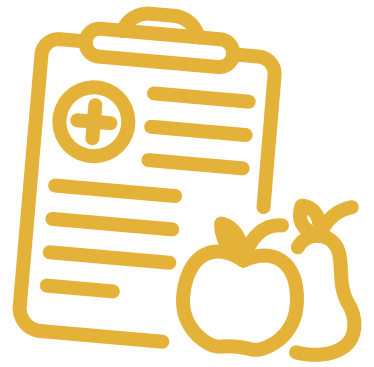


# Menu planner and shopping list

Plan your menu around your household's weekly schedule and what is in season. Check your pantry, fridge and freezer for what you already have and make your shopping list for the exact amount of ingredients you need based on your menu plan. **Don't forget your reusable shopping bags!**



Weekly Menu Plan	Shopping List
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	