Weekly Shop

Date: _____

Inventory 🍎	Menu 🍽️	List 📋
Check the crisper, freezer & pantry for items to use up.	*Design your menu based substantially on your inventory.*	*Add items needed to complete your menu as well as weekly staples. Check your store flyer for relevant deals. Do not overbuy.*

Menu:

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

List:

Produce

Dairy

Pantry

Meat & Deli