For the week of: _____

weekly meal prep

SHOPPING LIST

MON	B	
	L	
	D	
	S	
TUES	B	
	L	
	D	
	S	
WEDS	B	
	L	
	D	
	S	
THURS	B	
	L	
	D	
	S	
FRI	B	
	L	
	D	
	S	
SAT	B	
	L	
	D	
	S	
SUN	B	
	L	
	D	
	S	