



Empowering Moms  Strengthening Families  Embracing Gods Design

Meals this week:

SUNDAY

Main Dish:

Sides:

Dessert:

THURSDAY

Main Dish:

Sides:

Dessert:

MONDAY

Main Dish:

Sides:

Dessert:

FRIDAY

Main Dish:

Sides:

Dessert:

TUESDAY

Main Dish:

Sides:

Dessert:

SATURDAY

Main Dish:

Sides:

Dessert:

WEDNESDAY

Main Dish:

Sides:

Dessert:

Grocery List

DELI/BAKERY

FROZEN FOODS

PRODUCE

CANNED/BOTTLED ITEMS

DAIRY/REFRIGERATED

PACKAGED ITEMS

MEAT

SPICES/CONDIMENTS