

# eat this week!

date \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

## fruit

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## dairy

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## meat & poultry

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## freezer

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## vegetables

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## leftovers

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## pantry

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_