

# GROCERY LIST

DON'T FORGET THE WINE!

## FRUIT

- apples
- oranges
- bananas
- berries
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## VEGETABLES

- salad
- peppers
- tomatoes
- onion
- potatoes
- carrots
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## FROZEN

- pizza
- meals
- veggies
- ice cream
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## BEVERAGES

- juice
- coffee
- water
- tea
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## MEAT/DAIRY

- beef
- milk
- poultry
- eggs
- pork
- butter
- fish
- cheese
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## BREAD/GRAINS

- bread
- rice
- oats
- pasta
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PANTRY

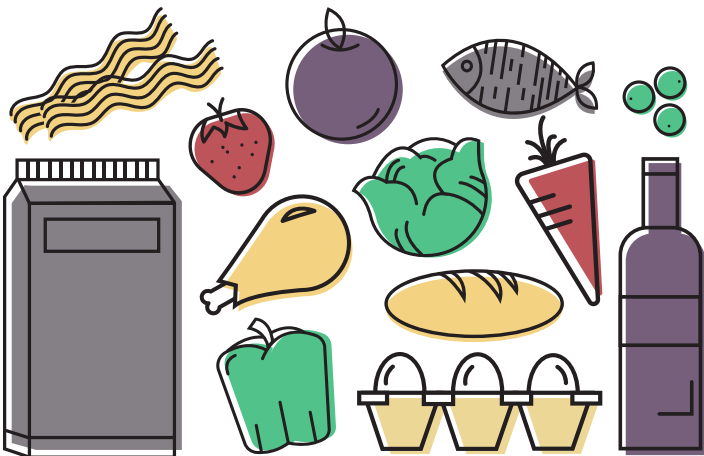
- beans
- flour
- soup
- sugar
- oil
- salt
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## CONDIMENTS

- pb
- ketchup
- jelly
- mayo
- mustard
- dressings
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## HOUSEHOLD

- napkins
- paper towels
- trash bags
- toiletries
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## ADDITIONAL

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



SassMagazine.com

[f/sassfrederick](https://www.facebook.com/sassfrederick) [@sassmagazine](https://www.instagram.com/sassmagazine) [p/sassmagazine](https://www.pinterest.com/sassmagazine)

# MEAL PLAN

WEEKLY GOODNESS

## MONDAY

breakfast

---

lunch

---

dinner

---

snack/dessert

---

## TUESDAY

breakfast

---

lunch

---

dinner

---

snack/dessert

---

## WEDNESDAY

breakfast

---

lunch

---

dinner

---

snack/dessert

---

## THURSDAY

breakfast

---

lunch

---

dinner

---

snack/dessert

---

## FRIDAY

breakfast

---

lunch

---

dinner

---

snack/dessert

---

## SATURDAY

breakfast

---

lunch

---

dinner

---

snack/dessert

---

## SUNDAY

breakfast

---

lunch

---

dinner

---

snack/dessert

---

Sass  
MAGAZINE

SassMagazine.com

[f/sassfrederick](#) [@sassmagazine](#) [p/sassmagazine](#)



# RECIPE LIST

## RECIPE 1

---

ingredients

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

instructions

---

---

---

---

---

---

---

---

---

---

## RECIPE 2

---

ingredients

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

instructions

---

---

---

---

---

---

---

---

---

---

## RECIPE 3

---

ingredients

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

instructions

---

---

---

---

---

---

---

---

---

---

## ADDITIONAL NOTES

---

---

---

---

---



SassMagazine.com

[f/sassfrederick](#) [@/sassmagazine](#) [p/sassmagazine](#)