	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MEAL 1							
MACROS							
MEAL 2							
MACROS							
MEAL 3							
MACROS							
MEAL 4							
MACROS							
SNACKS							
MACROS							
TOTAL MACROS							

## **Weekly Shopping List**

Fresh Produce QTY:	Grains, Beans, Dried Goods QTY:	Seasoning, Dressings, Other QTY
Proteins QTY:	Dairy QTY:	Beverages QTY