



Food Storage: *Where do I Start?*

Planned Meals

Items to Purchase

<i>Sunday</i>	Breakfast	
	Lunch	
	Dinner	
<i>Monday</i>	Breakfast	
	Lunch	
	Dinner	
<i>Tuesday</i>	Breakfast	
	Lunch	
	Dinner	
<i>Wednesday</i>	Breakfast	
	Lunch	
	Dinner	
<i>Thursday</i>	Breakfast	
	Lunch	
	Dinner	
<i>Friday</i>	Breakfast	
	Lunch	
	Dinner	
<i>Saturday</i>	Breakfast	
	Lunch	
	Dinner	