	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, Dried Goods	QTY:	Seasoning, Sauces	QTY:
Proteins	QTY:	Dairy	QTY:	Beverages	QTY: