THE DINE 'N DISH QUICK LIST

WEEK OF:

/ /2011

GROCERY ITEMS:

MEALS:

Breakfast:

Day #1: _____
Day #2: _____
Day #3: _____
Day #4: _____
Day #5: _____
Day #6: _____
Day #7: _____
Day #8: _____
Day #9: _____
Day #10: _____

Lunch:

Day #1: _____
Day #2: _____
Day #3: _____
Day #4: _____
Day #5: _____
Day #6: _____
Day #7: _____
Day #8: _____
Day #9: _____
Day #10: _____

Dinner:

Day #1: _____
Day #2: _____
Day #3: _____
Day #4: _____
Day #5: _____
Day #6: _____
Day #7: _____
Day #8: _____
Day #9: _____
Day #10: _____