

MEAL PLAN

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SNACKS
<p>“Set aside a certain number of days, during which you shall be content with the scantiest and cheapest fare, with coarse and rough dress, saying to yourself the while: "Is this the condition that I feared?"</p> <p>-Seneca</p>

GROCERIES

FRUITS/VEGETABLES

MEAT/POULTRY/DELI

DAIRY

BAKING SUPPLIES

BAKERY /BREADS

BEVERAGES

CANNED/PREPARED FOODS

CONDIMENTS

PERSONAL

HOUSEHOLD

FROZEN

SNACKS

MISCELLANEOUS

BULK BUY
