COOK THIS

MONDAY		#
	B	
	L	
	D	
TUESDAY		
	B	
	L	
	D	
WEDNESDAY		
	B	
	L	
	D	
THURSDAY		
	B	
	L	
	D	
FRIDAY		
	B	
	L	
	D	
SATURDAY		
	B	
	L	
	D	
SUNDAY		
	B	
	L	
	D	

INGREDIENTS TO BUY

BEEF
- ☐ Steak
- ☐ Ribs
- ☐ Roast
- ☐ Liver
- ☐ Stew bones
- ☐ Hamburger
- ☐ ....

PORK
- ☐ Chops
- ☐ Shoulder
- ☐ Butt
- ☐ Loin
- ☐ Ham
- ☐ Bacon
- ☐ Sausage
- ☐ ....

POULTRY
- ☐ Turkey
- ☐ Chicken
- ☐ Duck
- ☐ Sausage
- ☐ Eggs
- ☐ ....

DAIRY
- ☐ Milk
- ☐ Cream
- ☐ 1/2 & 1/2
- ☐ Yogurt
- ☐ Cheese
- ☐ Sour Cream
- ☐ Buttermilk
- ☐ Kefir
- ☐ ....

VEGETABLES
- ☐ Asparagus
- ☐ Broccoli
- ☐ Cauliflower
- ☐ Cucumbers
- ☐ Eggplant
- ☐ Green Beans
- ☐ Lettuce
- ☐ Onions
- ☐ Peas
- ☐ Potatoes
- ☐ Spinach
- ☐ Squash
- ☐ Tomatoes
- ☐ ....
- ☐ ....
- ☐ ....

FRUIT
- ☐ Apples
- ☐ Bananas
- ☐ Grapes
- ☐ Oranges
- ☐ ....
- ☐ ....
- ☐ ....

OTHER
- ☐ Bread
- ☐ Flour
- ☐ Sugar
- ☐ Baking Powder
- ☐ Baking Soda
- ☐ Salt
- ☐ ....
- ☐ ....
- ☐ ....

THE FIRST THING TO COOK UP IS A PLAN