

DATE	MEAL	GROCERY LIST	
/ / MONDAY	BREAKFAST	<input type="checkbox"/>	<input type="checkbox"/>
	LUNCH	<input type="checkbox"/>	<input type="checkbox"/>
	DINNER	<input type="checkbox"/>	<input type="checkbox"/>
/ / TUESDAY	BREAKFAST	<input type="checkbox"/>	<input type="checkbox"/>
	LUNCH	<input type="checkbox"/>	<input type="checkbox"/>
	DINNER	<input type="checkbox"/>	<input type="checkbox"/>
/ / WEDNESDAY	BREAKFAST	<input type="checkbox"/>	<input type="checkbox"/>
	LUNCH	<input type="checkbox"/>	<input type="checkbox"/>
	DINNER	<input type="checkbox"/>	<input type="checkbox"/>
/ / THURSDAY	BREAKFAST	<input type="checkbox"/>	<input type="checkbox"/>
	LUNCH	<input type="checkbox"/>	<input type="checkbox"/>
	DINNER	<input type="checkbox"/>	<input type="checkbox"/>
/ / FRIDAY	BREAKFAST	NOTES	
	LUNCH		
	DINNER		
/ / SATURDAY	BREAKFAST		
	LUNCH		
	DINNER		
/ / SUNDAY	BREAKFAST		
	LUNCH		
	DINNER		