

# TO EAT *this week*

# *market* LIST

## **Sunday**

Breakfast:

Lunch:

Dinner:

## **MONDAY**

Breakfast:

Lunch:

Dinner:

## **Tuesday**

Breakfast:

Lunch:

Dinner:

## **Wednesday**

Breakfast:

Lunch:

Dinner:

## **Thursday**

Breakfast:

Lunch:

Dinner:

## **Friday**

Breakfast:

Lunch:

Dinner:

## **Saturday**

Breakfast:

Lunch:

Dinner:

## **Notes**