


# #SEPTEMBERWHOLE30

<i>sunday</i>	<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>	<i>friday</i>	<i>saturday</i>
		5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
1	2	3	4			

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	<i>breakfast</i>	<i>snack</i>	<i>lunch</i>	<i>snack</i>	<i>dinner</i>	<i>snack</i>	<i>water</i>
SUN /							
MON /							
TUE /							
WED /							
THU /							
FRI /							
SAT /							

# #SEPTEMBERWHOLE30

sunday

grocery list

monday

tuesday

wednesday

thursday

friday

saturday

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sunday	grocery list		
monday	FRUIT	FRIDGE / FROZEN	OTHER
tuesday	APPLES BANANAS BERRIES CHERRIES GRAPEFRUIT GRAPES LEMONS LIMES MELON ORANGES PEACHES PEARS PINEAPPLE WATERMELON	EGGS FROZEN FRUIT GHEE HASBROWNS MIXED VEGGIES POTATOES SWEET POTATOES	<hr/> <hr/> <hr/> <hr/> <hr/>
wednesday	<b>VEGETABLES</b> AVACADO ARTICHOKE ARUGULA ASPARAGUS BEETS BELL PEPPER BOK CHOY BROCCOLI BRUSSELS SPROUTS CABBAGE CARROTS CAULIFLOWER CELERY CUCUMBER EGGPLANT GARLIC GREEN BEANS GREEN ONIONS GREENS JALAPENOS JICAMA KALE LETTUCE MUSHROOMS OKRA ONION PARSNIPS RADISH SHALLOTS SPINACH SPROUTS SWEET POTATOES SQUASH TOMATOES TURNIP ZUCCHINI	<b>MEAT + DELI</b> BACON CHICKEN SAUSAGE DELI MEAT GROUND BEEF PORK CHOPS ROAST SEAFOOD STEAK TURKEY	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
thursday		<b>PANTRY</b> BAY LEAVES BROTH CAJUN SEASONING CHILI POWDER COCONUT BUTTER COCONUT FLAKES COCONUT MILK COCONUT OIL COOKING SPRAY CUMIN FAJITA SEASONING GARLIC POWDER OLIVE OILE OLIVES SALT PEPPER RED PEPPER FLAKES ROSEMARY THYME	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
friday		<b>NUTS + SEEDS</b> ALMONDS CASHEWS FLAXSEED PECANS PINE NUTS SESAME SEEDS SUNFLOWER SEEDS WALNUTS	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
saturday			