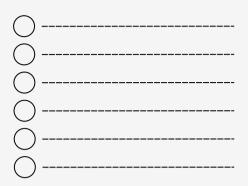
# 6 to 1 Grocery List

#### 6 VEGETABLES



#### **5 FRUITS**



#### **3 STARCHES**



#### 2 SAUCES



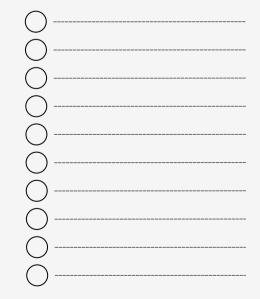
#### **1 TREAT**



#### ADDITIONAL ITEMS



**4 PROTEINS** 



### **BUDGET:**

\_\_\_\_\_



## 6 to 1 Meal Plan

Monday
Tuesday
r desiday
Wednesday
Thursday
Friday

Weekend