



Farmers' Market Shopping List

Fruits and Vegetables

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Bread and Grains

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Other

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Dairy

- _____
- _____
- _____
- _____
- _____

Meats

- _____
- _____
- _____
- _____
- _____

Use fresh ingredients from the farmers' market in the meals you prepare at home.

WEEKLY MEAL PLANNER
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday