

GetFIT Connections™ Menu Planner and Grocery Shopping List

Monday Recipe	Tuesday Recipe	Wednesday Recipe	Thursday Recipe	Friday Recipe	Saturday Recipe	Sunday Recipe
Produce	Breads	Canned Fruit, Vegetables, Juice	Beans	Tomato Sauces	Boxed Rice/Pasta/Stuffing	Ethnic
Soups/Canned Meats	Herbs/Spices	Baking Products/Flour	Beverages	Oils/Sprays	Syrup	Cereal
Breakfast Items	Pickles/Olives	Condiments	Salad Dressings/Vinegar	Peanut Butter/Jellies	Frozen Products	Crackers
Cookies	Snacks	Meat/Seafood	Deli	Dairy Case	Cleaning	Other