

Monday		Shopping list		Monday		Shopping list	
B			0	B			0
L			0	L			0
D			0	D			0
Tuesday			0	Tuesday			0
B			0	B			0
L			0	L			0
D			0	D			0
Wednesday			0	Wednesday			0
B			0	B			0
L			0	L			0
D			0	D			0
Thursday			0	Thursday			0
B			0	B			0
L			0	L			0
D			0	D			0
Friday			0	Friday			0
B			0	B			0
L			0	L			0
D			0	D			0
Saturday			0	Saturday			0
B			0	B			0
L			0	L			0
D			0	D			0
Sunday			0	Sunday			0
B			0	B			0
L			0	L			0
D			0	D			0