SHABBAT MENU & MEAL PLAN

PREP TASKS

SHOPPING LIST

FRIDAY NIGHT	SHABBAT DAY	DAY 1	
MAIN DISH	MAIN DISH		
		DAY 2	
SALADS	SALADS		
		DAY 3	
		DAY 4	
SOUP OR STEW	DIPS & SPREADS		
		DAY 5	
FRUITS & TREATS	FRUITS OR TREATS		
		DAY 6	