



# BEDTIME APPROVED GROCERY LIST



## SUGGESTED ITEMS

Milk

Cereal

Oatmeal

Rice

Walnuts

Almonds

Lettuce

Bananas

Sweet Potatoes

Cheese & Crackers

Pretzels

Peanut Butter

Tea

Your favorite fatty fish

(tuna, salmon, etc.)

## ADDITIONAL ITEMS

## BEDTIME SNACK PLANNER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY