capsule pantry

# PLANNER

SPRING SUMMER FALL WINTER

## RECIPES

## INGREDIENTS

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# SCRATCH SHEET

SPRING SUMMER FALL WINTER

## FOUNDATIONS

## PRODUCE

## GROCERY

## REFRIGERATED

## PANTRY STAPLES

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# FINAL INGREDIENT LIST

SPRING SUMMER FALL WINTER

**FOUNDATIONS //** *Typically your proteins or vegetarian base ingredients*
**FAVORITES //** *Supporting items // Vegetables, grains, side dishes, etc.*
**FINISHING TOUCHES //** *Provide flavor // herbs & spices, toppings, etc.*

## FOUNDATIONS

| | | | |
|---|---|---|---|
| 1 | 2 | 3 | 4 |

## FAVORITES

| | | |
|---|---|---|
| 1 | 9 | 17 |
| 2 | 10 | 18 |
| 3 | 11 | 19 |
| 4 | 12 | 20 |
| 5 | 13 | 21 |
| 6 | 14 | 22 |
| 7 | 15 | 23 |
| 8 | 16 | 24 |

## FINISHING TOUCHES

| | | |
|---|---|---|
| 1 | 5 | 9 |
| 2 | 6 | 10 |
| 3 | 7 | 11 |
| 4 | 8 | 12 |

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# master MEAL PLAN

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|---|---|---|---|---|---|---|
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