

weekly  MEAL PLAN

WEEK OF:

BREAKFAST

LUNCH

DINNER

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SNACKS + EXTRAS

weekly DINNER PLAN

WEEK OF:

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SNACKS + EXTRAS

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kitchen INVENTORY

PANTRY 
FREEZER 
REFRIGERATOR 

Pantry									

Freezer									

Refrigerator									

Pantry									

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Have on hand ✓

Used up ✗