

DAY STORE AMOUNT	DAY STORE AMOUNT	DAY STORE AMOUNT
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TOTAL \$	TOTAL \$	TOTAL \$
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TOTAL \$	TOTAL \$	TOTAL \$
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TOTAL \$	TOTAL \$	TOTAL \$



QTY	RECIPE IDEA
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monday	
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sda	3
wednesday	-
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ay	3
thursday	
friday	3
=	
saturday	3
	-
sunday	3
	-
Sun	



DISH	LOCATION	EXPIRES
	DISH	DISH LOCATION LOCATION LOCATION

monday	В	QTY	ITEM	Q	COST
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day	В				\$
tuesday	L				\$
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wednesday	L				\$
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sunday	В			•	\$
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
LUNCH							
SNACK							
DINNER							



PRODUCE	MEAT	BAKERY
	-	
BREAKFAST	SNACKS	DAIRY
DRY/CANNED	PAPER GOODS/HOUSEHOLD	OTHER
	- 	
	·	



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	MEAL	RECIPE LOCATION
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		



BREAKFAST IDEAS	DINNER IDEAS
	MONDAY
	TUESDAY
LUNCH IDEAS	WEDNESDAY
	THURSDAY
SNACK IDEAS	FRIDAY
	SATURDAY
	SUNDAY



RECIPE

BBQ Chicken Quesadillas

RECIPE LOCATION

food.com

RECIPE

RECIPE LOCATION

RECIPE

RECIPE LOCATION

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RECIPE LOCATION

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