

# Weekly Meal Plan . . . you got this, Girl.

Date	So, what sounds tasty?	Grocery List	\$	.00
	DAY OF THE WEEK: .....			
	Lunch:			
	Dinner:			
	What's going on?			
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	Lunch:			
	Dinner:			
	What's going on?			
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	Lunch:			
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	Lunch:			
	Dinner:			
	What's going on?			

# Whatcha Gotta Use?

Fridge	Pantry	Freezer
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.
6.	6.	6.
7.	7.	7.

## Brainstorm


Oops! I ran out of: