

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:			
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	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: