

# meal planner

my schedule this week

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how many meals do I need this week?

breakfast    lunch    dinner

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this week's budget

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## taking stock

what have I got at home?

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what's on sale this week?

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# meal planner

recipe ideas for this week

breakfast

lunch

dinner

snacks

# meal planner

## my shopping list

produce (fresh, canned, or frozen)

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protein (fresh, canned, or frozen)

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pantry items

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refrigerated foods (milk, eggs, cheese, etc.)

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spices and baking needs

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other (snacks, treats, etc.)

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