

This Week's Menu



Dinner #1

Dinner #2

Dinner #3

Dinner #4

Dinner #5

Dinner #6

Dinner #7

Breakfast

Lunch

Snacks

Meal Plan

Dinner

1)
2)
3)
4)
5)
6)
7)

Lunch *(repeat two meals twice)*

1)
2)
3)
4)
5)

Breakfast

1)
2)
3)

Snacks

1)
2)
3)



This Week's Menu



Dinner

1)
2)
3)
4)
5)
6)
7)

Lunch (repeat two meals twice)

1)
2)
3)
4)
5)

Breakfast

Snacks

1)	1)
2)	2)
3)	3)



Food Inventory

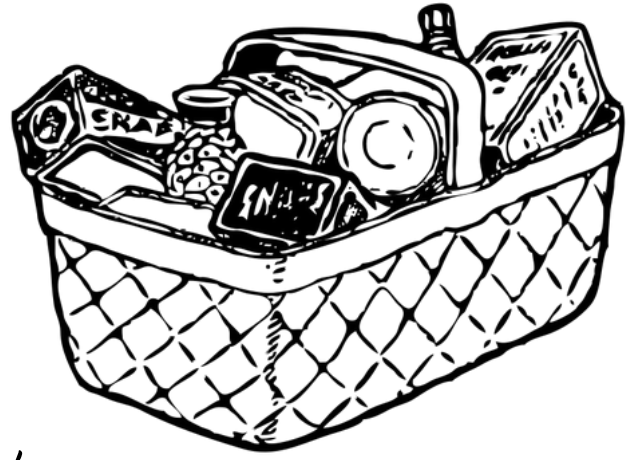
Refrigerator

Freezer

Pantry

<i>Refrigerator</i>	<i>Freezer</i>	<i>Pantry</i>

Food Inventory



First, use what you have...

Meat

*Fruits &
Veggies*

*Pantry
Items*

Condiments