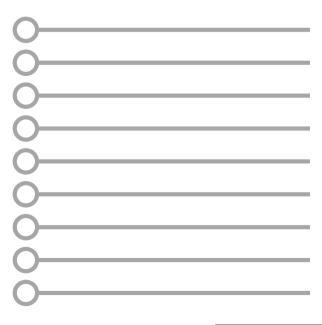
PANTRY AND FREEZER QUICK LIST

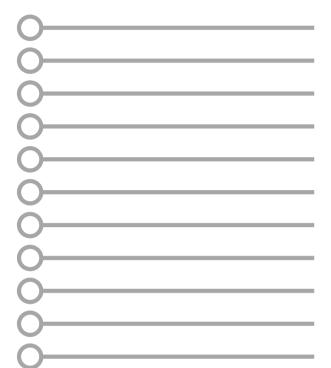
To Use Up (Produce/Expiring Items)

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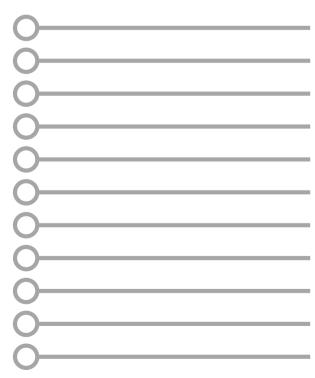
Other



Proteins



Freezer Meals/Leftovers



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MEAL PLANNING WITH ITEMS ON HAND

To Make

To Buy



SHOPPING LIST

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WEEKLY MENU PLAN

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

