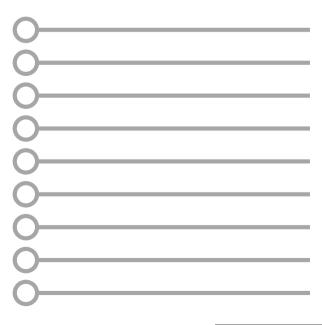
PANTRY AND FREEZER QUICK LIST

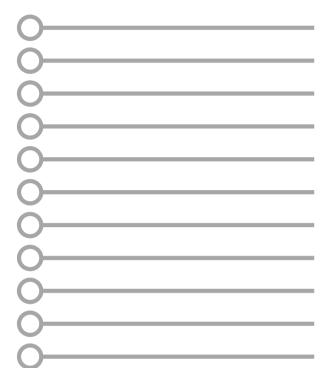
To Use Up (Produce/Expiring Items)

0-	
\frown	
\bigcirc	
$\overline{\mathbf{O}}$	
\mathbf{O}	
—	
\bigcirc	
\frown	
\bigcirc	
õ	

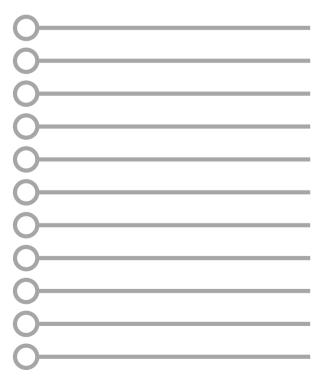
Other



Proteins



Freezer Meals/Leftovers



Culinesco

MEAL PLANNING WITH ITEMS ON HAND

To Make

To Buy



SHOPPING LIST

•	•
0	0
0	0
0	0
0	0
0	0
0	0
0	0
^	\frown
0	0
^	\frown
0	0
	Õ
0	0
0	0
0	0
0	0
0	0
0	0
0	0
0	0
0	0
	0
U	
0	0
0	
$\mathbf{\nabla}$	\checkmark

Culinesco

WEEKLY MENU PLAN

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

