

freezer meals prepped and delivered.

## WEEKLY DINNER PLAN

WEEK: 5

Family Dinner	Summer Corn	AUGUST	AUGUST	AUGUST	AUGUST	SATURDAY — AUGUST	
	Chowder						
- DAY 1	•		N O 1	ES	•		
Family Dinner							
SHOPPING		_					
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<del>-</del>  -							
DAY 2				ES are Summer Cor	n Chowder accor	ding to package.	
Summer Corn Chowder				Serve with a side salad and rolls. Save leftovers for lunches.			
SHOPPING	LIST —						
_ Rolls _ Side Salad							
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-DAY 3			N O 1	ES			
AUGUST			_				
SHOPPING							
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<b>D</b> A Y 4 —	NOTES		
AUGUST			
SHOPPING LIST			
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<b>D</b> A Y 5 —————————————————————————————————	NOTES		
AUGUST			
SHOPPING LIST			
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<b>D</b> A Y 6 —————————————————————————————————	NOTES		
AUGUST			
SHOPPING LIST -			
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- DAY 7	NOTES		
AUGUST			
- SHODDING LIST			
SHOPPING LIST			
SHOPPING LIST			
SHOPPING LIST			