

ON-HAND LIST

WEEK OF: _____

1

Refrigerator

2

Freezer

3

Pantry

4

Review your ingredients—any meals come to mind?

Need inspiration?

- Plug key ingredients into Google or Pinterest
- Or try recipe websites like AllRecipes.com or SuperCook.com that can filter recipes by multiple ingredients

DINNER PLANNING

WEEK OF: _____

1

need

2

need

3

need

4

need

MENU PLANNING

breakfast

lunch

dinner

snacks

Monday				
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Tuesday				
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Wednesday				
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Thursday				
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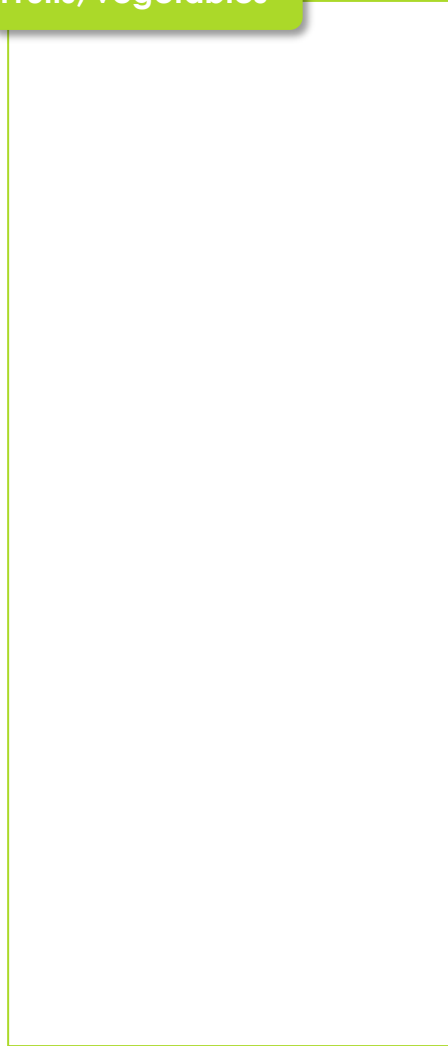
Friday				
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Saturday				
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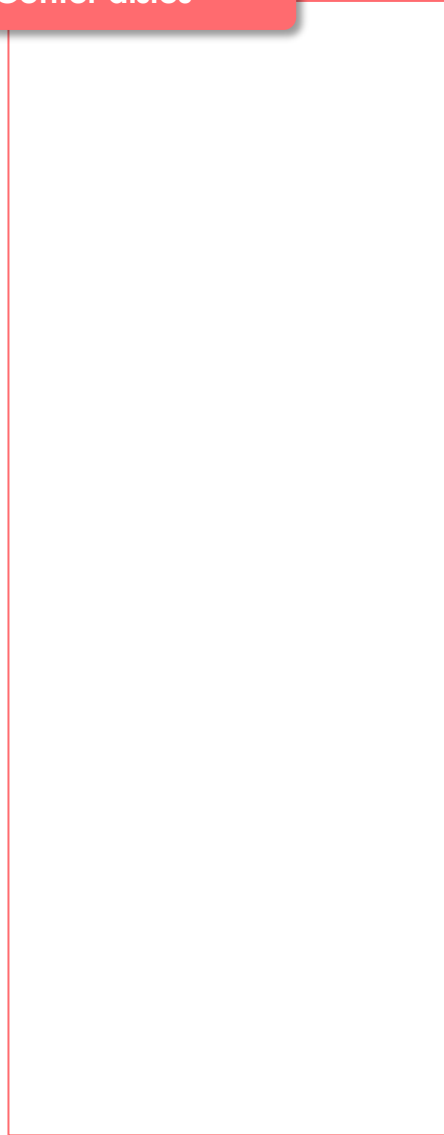
Sunday				
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SHOPPING LIST

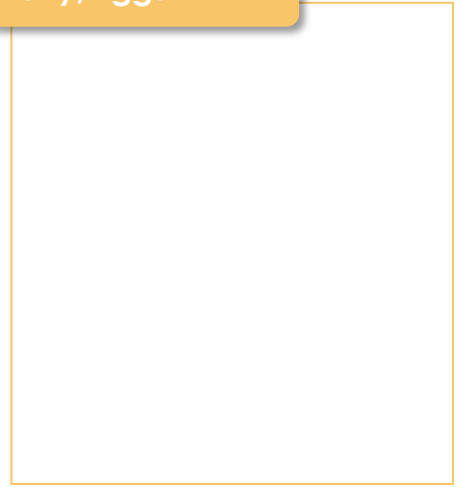
Fruits, vegetables



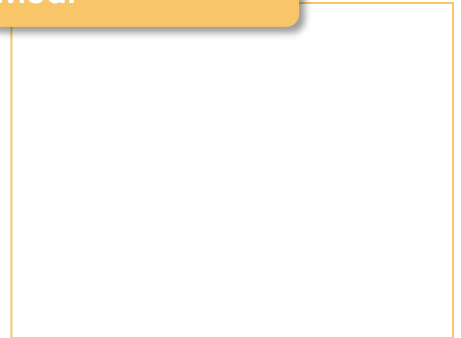
Center aisles



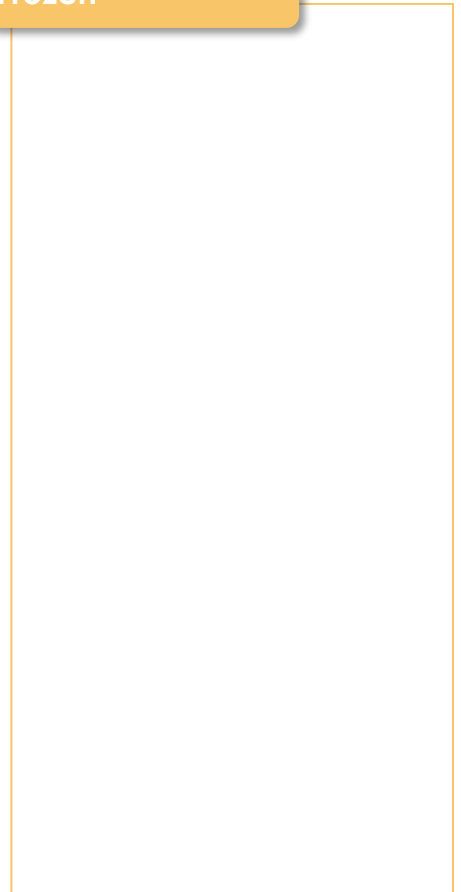
Dairy, Eggs



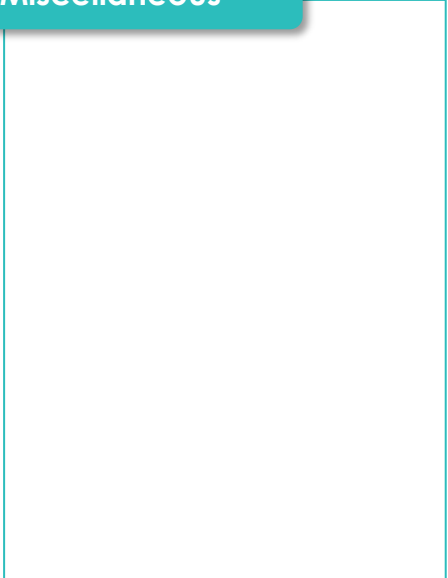
Meat



Frozen



Miscellaneous



Other

