PLAN THE WEEK.
SHOP ONCE.

Week of _____

	BREAKFAST	LUNCH	DINNER
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

USE UP FIRST
What needs eating this week

LEFTOVERS NIGHT
Cook once early, eat it again

KEEPERS
Dinners everyone liked

GROCERY LIST.

Store _____

Produce

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Meat and fish

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Dairy and eggs

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Pantry

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Frozen

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Everything else

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