

our tasty kitchen
meal planner



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MONTHLY MEALS OVERVIEW

jan feb mar apr may jun jul aug sep oct nov dec

MON	TUES	WED	THURS	FRI	SAT	SUN

WEEKLY MENU PLAN

week of:

	BREAKFAST	LUNCH	DINNER	SNACK
MON				
TUES				
WED				
THURS				
FRI				
SAT				
SUN				

DAILY MEAL PLAN

date:

BREAKFAST

LUNCH

SNACKS

DINNER

NOTES

FAMILY FAVOURITES




























BREAKFAST

LUNCH




























SNACKS

DINNER




























FRIDGE INVENTORY

ITEM	DATE	EXP. DATE	QUANTITY
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			

FREEZER INVENTORY

ITEM	DATE	EXP. DATE	QUANTITY
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			

PANTRY INVENTORY

ITEM	DATE	EXP. DATE	QUANTITY
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			

GROCERY LIST

PRODUCE

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CANNED GOODS

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CONDIMENTS

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OTHER

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FROZEN FOODS

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PANTRY

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DAIRY

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