

SHOPPING LIST

Fruits and Vegetables

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- _____
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- _____

Meats

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- _____

Frozen and Canned

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Dairy

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Breads and Cereals

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- _____

Other

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- _____
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Preparing and eating more meals at home is the healthy way for your family.



WEEKLY MEAL PLANNER

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

