

My Meal Plan - Weeks 1 & 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Week 1 Shopping

Shelf Items

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Produce

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Refrigerated

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Frozen

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Week 2 Shopping

Shelf Items

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Produce

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Refrigerated

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Frozen

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My Meal Plan - Weeks 3 & 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Week 3 Shopping

Shelf Items

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Produce

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Refrigerated

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Frozen

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Week 4 Shopping

Shelf Items

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Produce

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Refrigerated

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Frozen

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