

# M E N U P L A N

WEEK OF: \_\_\_\_\_

## SHOPPING LIST

# NON

ETU

WED

THU

FRI

SAT

NCS

[illegible]

# MONTHLY MENU

MONTH: \_\_\_\_\_

MON

TUES

WED

THURS

FRI

SAT

SUN

## NOTES

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# PANTRY LIST

## DRY GOODS

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## SPICES

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## NOTES

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# PANTRY LIST

## CANNED GOODS

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## CEREALS/GRAINS

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## NOTES

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# PANTRY LIST

## PASTA/RICE/BEANS

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## MISCELLANEOUS

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## NOTES

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