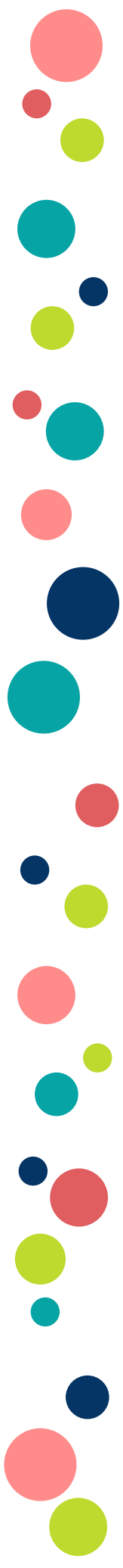


MASTER BREAKFAST LIST



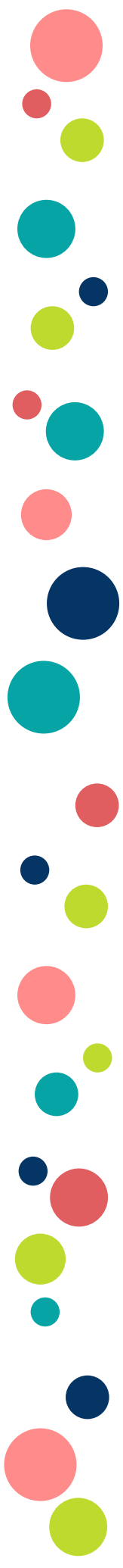
Meals:



MASTER LUNCH LIST



Meals:



MASTER SNACK LIST



Options:





MASTER DINNER LIST



Meals:

MEAL PREP PLANNING

Week:



Breakfasts:

How Many?

Lunches:

Snacks:

Dinners:



GROCERY LIST

Week:



Fruits:

Protein:

Dairy:

Frozen:

Grains:

Canned:

Vegetables:

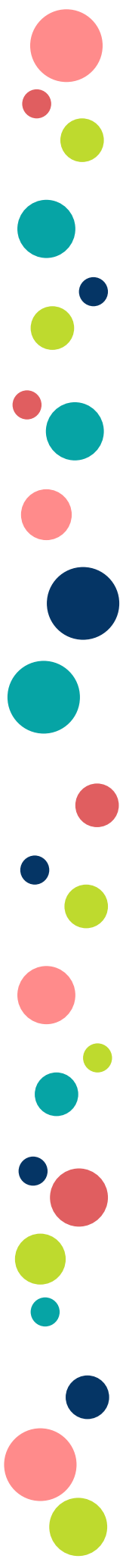
Other:

GROCERY LIST

Week:



Items:

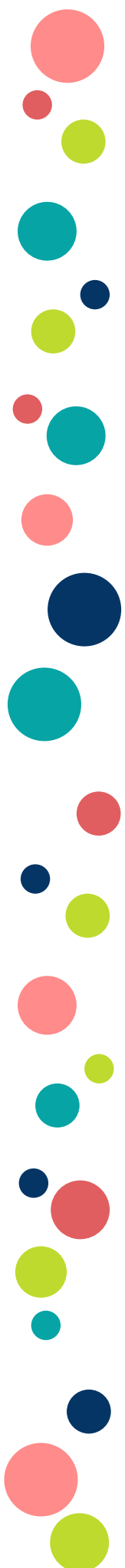


MASTER HOUSEHOLD LIST

Week:



Items:





RECIPE



Name:

From:

Serves:

Prep Time:

Total Time:

Oven Temp:

Ingredients:

Directions: