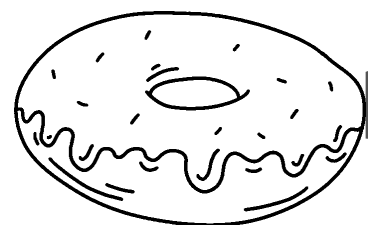


WEEKLY MEAL PREP



SUNDAY

THURSDAY

MONDAY

FRIDAY

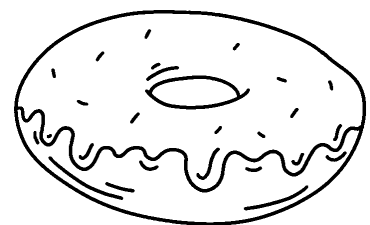
TUESDAY

SATURDAY

WEDNESDAY

SNACKS AND DESSERTS

GROCERY LIST



FRESH PRODUCE

DAIRY

BAKING GOODS

CANNED GOODS

GRAINS AND BREADS

CONDIMENTS

SNACKS

MISCELLANEOUS