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| --- | --- | --- |
| My meal plan • February |  | Weekly Plan |
| E**AT** |  | DRINK |  |  |  |
|  | 1 |  |  |  |  |
|  | 2 |  |  |  |  |
|  | 3 |  |  | M | T |
| 4 |  |
| 5 |  |  |  |  |  |  |  |
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| 14 |  |  |  |
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|  | 18 |  |  |  |  |  |  |  |  |
| 19 |  |  |  |  |  |  |  |
| 20 |  |  |  |
| 21 |  | SUNDAY DAY OFF |
| 22 |  |
| 23 |  |
| 24 |  |
| 25 |  |
| 26 |  |
| 27 |  |
| 28 |  |
| 29 |  |
|  | 30 |  |  |  |

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| --- | --- | --- |
| Pantry list |  | Freezer inventory |
| Meal |  | Qty |  | Date |  | Item |  | Qty |  | Date |
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| Key color |  |  | Notes |  |

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| --- | --- | --- |
| FAMILY FAVORITE |  | NEW RECIPES |
| Breakfast | Lunch |  | Ingredients |  |
|  |  |  |
|  | Cooking process  |
| Dinner |  |  |
|  |  | Notes |  |
| Soup | Meat |  |  | Serving  |
| Misc |  |  |