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| My meal plan • February | | |  | Weekly Plan | | | | | |
| E**AT** |  | DRINK |  |  | | |  | | |
|  | 1 |  |  |  | | |  | | |
|  | 2 |  |  |  | | |  | | |
|  | 3 |  |  | M | | | T | | |
| 4 |  |
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| 15 |  | F | | | S | | |
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|  | 18 |  |  |  |  |  |  |  |  |
| 19 |  |  |  |  |  |  |  |
| 20 |  |  | | |  | | |
| 21 |  | SUNDAY DAY OFF | | | | | |
| 22 |  |
| 23 |  |
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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 | |  |  | |