## MEAL PLAN FOR \_\_\_\_\_\_, 20\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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SNACK ITEMS: NOTES:

## MONTHLY MEAL PLANNING FRAMEWORK

E	ATING GOALS FOR THIS MONTH	TIME	AVAILABLE FOI	R FOOD PREP
1		MONDAY		
2		TUESDAY		
3		WEDNESDA	Y	
4		THURSDAY		
5		FRIDAY		
6		SATURDAY		
7		SUNDAY		
FAVOU	RITE SEASONAL FOODS THIS MONTH		SPECIAL OCCA	SIONS
		DATE	EVENT	
	ELVED CRECIAL C THIC MONTH		CUECTC TO I	NATE
	FLYER SPECIALS THIS MONTH	DATE	GUESTS TO II	NVIIE
		———	NAME	
	FREEZER STOCKING		WHO IS COO	
DATE	ITEM	DATE	NAME	ITEM

## FREEZER INVENTORY

ITEM	QUANTITY	DATE ADDED	EXPIRY

## SHOPPING LIST

PRODUCE	BAKERY	DAIRY
MEATS AND FISH	DRY	FROZEN
HOUSEHOLD	PHARMACY	MISC