

Weekly Menu

(Note Activities / Events / Person In Charge of Meal, etc.)

Date	Weekly Menu	Recipe Info	Notes
	Monday		
	Tuesday		
	Wednesday		
	Thursday		
	Friday		
	Saturday		
	Sunday		

Grocery List

1. Shop Pantry 2. Shop Refrigerator 3. Shop

Meats	Grains/Canned items	Fruits/Vegetables	Misc. Items
Frozen	Refrigerated		

Coaching, Classes & Workshops

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