WEEK OF: $\mathsf{M}\ \mathsf{E}\ \mathsf{A}\ \mathsf{L}\quad \mathsf{P}\ \mathsf{L}\ \mathsf{A}\ \mathsf{N}\ \mathsf{N}\ \mathsf{E}\ \mathsf{R}$ what we have FRIDGE PANTRY WANTS: NEEDS: FREEZER IDEAS: BREAKFAST: DINNER: M W R LUNCH: F S S **expiring soon! use next week!

* busy night/game day/activities

meal prep

using in meals this week