



# LISTS & PLANNING PAGES FOR EVERY DAY

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## MY 21 MEALS

NAME \_\_\_\_\_

Meal	Recipe Location	Favorite Sides

# MENU PLANNER

MONTH \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

# WEEKLY MEAL PLANNER

MONTH \_\_\_\_\_

Meals	Grocery List
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

FAVORITE RECIPES

FOOD \_\_\_\_\_

Name	Location of Recipe	Remarks

# PANTRY INVENTORY

Canned/Jarred Goods	Dry Goods
□□□□□	□□□□□
□□□□□	□□□□□
□□□□□	□□□□□
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□□□□□	□□□□□
□□□□□	□□□□□

Cereals, Crackers, Snacks	Pasta, Rice, Grains
□□□□□	□□□□□
□□□□□	□□□□□
□□□□□	□□□□□
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Baking Supplies	Miscellaneous
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□□□□□	□□□□□
□□□□□	□□□□□
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# WEEKLY TO DO LIST

WEEK OF \_\_\_\_\_

Monday, the \_\_\_\_\_

Tuesday, the \_\_\_\_\_


Wednesday, the \_\_\_\_\_

Thursday, the \_\_\_\_\_


Friday, the \_\_\_\_\_

Weekend, the \_\_\_\_\_




# CLOTHING INVENTORY

NAME \_\_\_\_\_

Clothing Item	Size _____		Size _____		Size _____	
	# Have	# Need	# Have	# Need	# Have	# Need
T-Shirts						
S/S Knit Shirts						
S/S Woven Shirts						
L/S Knit Shirts						
L/S Woven Shirts						
Tanktops						
Sweaters						
Sweatshirts / Hoodies						
Blazers / Jackets						
Shorts (Denim)						
Shorts (Woven)						
Shorts (Athletic)						
Jeans						
Casual Pants (Khakis, Cords)						
Athletic Pants						
Dress Pants / Skirts						
Suits / Dresses						
Pajamas						
Robes						
Underwear						
Swimwear						
Jackets						
Coats						

## SHOPPING LOCALLY

Baked Goods/ Grains	Price	Store/Market	Dairy/Cheese/ Eggs	Price	Store/Market
Canned/Jarred Goods	Price	Store/Market	Poultry/Beef/Pork	Price	Store/Market
Produce	Price	Store/Market	Handmade Goods	Price	Store/Market