

Week of: _____

White County
501-268-5394
kcullum@uaex.edu



Refrigerator/Freezer/Leftovers							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Week-end	
Schedule							
Meal							
Grocery List							
Breakfast/Lunch/Snacks/Staples							
Dinner							

Credit: www.montanamovesandmeals.com

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