

COOK THIS

Week: _____

Month: _____

Year: _____

MONDAY		#	INGREDIENTS TO BUY	
	B		BEEF <input type="checkbox"/> Steak <input type="checkbox"/> Ribs <input type="checkbox"/> Roast <input type="checkbox"/> Liver <input type="checkbox"/> Stew bones <input type="checkbox"/> Hamburger <input type="checkbox"/>	VEGETABLES <input type="checkbox"/> Asparagus <input type="checkbox"/> Broccoli <input type="checkbox"/> Cauliflower <input type="checkbox"/> Cucumbers <input type="checkbox"/> Eggplant <input type="checkbox"/> Green Beans <input type="checkbox"/> Lettuce <input type="checkbox"/> Onions <input type="checkbox"/> Peas <input type="checkbox"/> Potatoes <input type="checkbox"/> Spinach <input type="checkbox"/> Squash <input type="checkbox"/> Tomatoes <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	L			
	D			
TUESDAY			PORK <input type="checkbox"/> Chops <input type="checkbox"/> Shoulder <input type="checkbox"/> Butt <input type="checkbox"/> Loin <input type="checkbox"/> Ham <input type="checkbox"/> Bacon <input type="checkbox"/> Sausage <input type="checkbox"/>	FRUIT <input type="checkbox"/> Apples <input type="checkbox"/> Bananas <input type="checkbox"/> Grapes <input type="checkbox"/> Oranges <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	B			
	L			
	D		POULTRY <input type="checkbox"/> Turkey <input type="checkbox"/> Chicken <input type="checkbox"/> Duck <input type="checkbox"/> Sausage <input type="checkbox"/> Eggs <input type="checkbox"/>	OTHER <input type="checkbox"/> Bread <input type="checkbox"/> Flour <input type="checkbox"/> Sugar <input type="checkbox"/> Baking Powder <input type="checkbox"/> Baking Soda <input type="checkbox"/> Salt <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
WEDNESDAY				
	B			
	L		DAIRY <input type="checkbox"/> Milk <input type="checkbox"/> Cream <input type="checkbox"/> 1/2 & 1/2 <input type="checkbox"/> Yogurt <input type="checkbox"/> Cheese <input type="checkbox"/> Sour Cream <input type="checkbox"/> Buttermilk <input type="checkbox"/> Kefir <input type="checkbox"/>	
	D			
THURSDAY				
	B			
	L			
	D			
FRIDAY				
	B			
	L			
	D			
SATURDAY				
	B			
	L			
	D			
SUNDAY				
	B			
	L			
	D			

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THE FIRST THING TO COOK UP IS A PLAN