

The precepts of the Lord are right, giving joy to the heart.

(Psalm 19:8)

Meal Planning Printables
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Thank you!

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Lunches	Dinners	Ingredients To Purchase
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Fruit:	Add. Side:	
Monday /		
	Main Dish:	
Main Dish:		
Side:		
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Tuesday /		
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Fruit:	Add. Side:	
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Main Dish:		
Side:		
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	Main Dish:	
Main Dish:	Vegetable:	
Side:	Fruit:	
Fruit:	Add. Side:	
Friday /		
	Main Dish:	
Main Dish:	Vegetable:	
Side:	Fruit:	
Fruit:	Add. Side:	
Saturday /		
-u.u.u.y /	Main Dish:	
Main Dish:	Vasatable	
	Enuit:	
Side:	Fruit: Add. Side:	
Fruit:	Add. Side:	

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Freezer Meals Item Date Count Instructions = one meal = meal has been removed