

WEEKLY MEAL PLAN

.....
MON
.....

MEALS TO MAKE

VEGGIES TO USE

.....
TUES
.....

MEALS TO MAKE

VEGGIES TO USE

.....
WED
.....

MEALS TO MAKE

VEGGIES TO USE

.....
THU
.....

MEALS TO MAKE

VEGGIES TO USE

.....
FRI
.....

MEALS TO MAKE

VEGGIES TO USE

.....
SAT
.....

MEALS TO MAKE

VEGGIES TO USE

.....
SUN
.....

MEALS TO MAKE

VEGGIES TO USE

THINGS TO BUY

NOTES

PrairieLand
CSA SHARES

WEEKLY MEAL PLAN

VEG 1

.....

MEALS:

- RAW
- FREEZE
- COOK

VEG 2

.....

MEALS:

- RAW
- FREEZE
- COOK

VEG 3

.....

MEALS:

- RAW
- FREEZE
- COOK

VEG 4

.....

MEALS:

- RAW
- FREEZE
- COOK

VEG 5

.....

MEALS:

- RAW
- FREEZE
- COOK

VEG 6

.....

MEALS:

- RAW
- FREEZE
- COOK

VEG 7

.....

MEALS:

- RAW
- FREEZE
- COOK

THINGS TO BUY

NOTES

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CSA SHARES