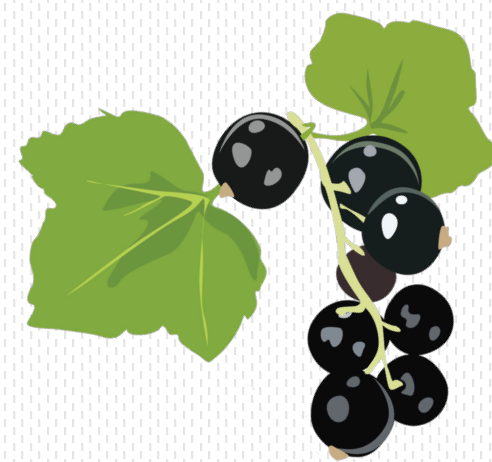


Contents



RECIPE

MEAL
IDEAS

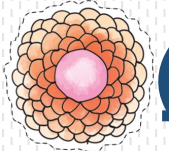
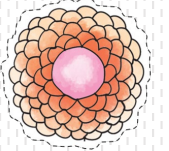
MEAL
PLANNER

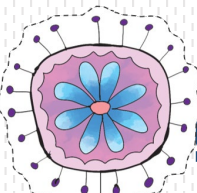
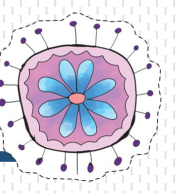
WEEKLY
MEALS

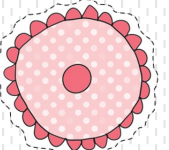
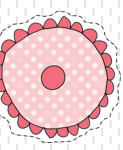
SHOPPING
LIST

FAVORITE
MEALS

NOTES

 STICKERS 1 

 STICKERS 2 

 STICKERS 3 

Recipe

Servings: _____
 Prep time: _____
 Cook time: _____

INGREDIENTS

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

DIRECTIONS

Servings: _____ Prep time: _____ Cook time: _____
 amount: _____

INGREDIENTS

directions

Starter: _____

From The Kitchen Of: _____

Starter: _____

From The Kitchen Of: _____

Main: _____

From The Kitchen Of: _____

Main: _____

From The Kitchen Of: _____

The Recipe

Date: _____

Recipe Title: _____

From: _____

Ingredients

Directions

Notes

Changes

The Recipe

Date: _____

Recipe Title: _____

From: _____

Ingredients

Directions

Notes

Changes

Recipe

Servings: _____
 Prep time: _____
 Cook time: _____

INGREDIENTS

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

DIRECTIONS

Servings: _____ Prep time: _____ Cook time: _____
 amount: _____

INGREDIENTS

directions
