

DATE:

MEAL PLANNER

MONDAY

TUESDAY

WEDNESDAY
ORDER DAY!

THURSDAY

FRIDAY

SATURDAY



SPRAY-FREE
FARMACY

REMEMBER TO PLACE YOUR ORDER BY 9AM
WEDNESDAY.

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DATE:

SHOPPING LIST

FRUIT & VEGETABLES

PROTEIN

OTHER ITEMS



SPRAY-FREE
FARMACY

REMEMBER TO PLACE YOUR ORDER BY 9AM
WEDNESDAY.

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