

WEEKLY MEAL PREP & CHORES

MENU PLANNER

DAY	MEAL PLAN	PREP
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Monday		
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Tuesday		
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Wednesday		
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Thursday		
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Friday		
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Saturday		
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Sunday		
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KITCHEN CHORES

TASK DESCRIPTION	DONE
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Inventory Fridge/Pantry	
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Wash/Chop Vegetables	
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Portion Snacks & Grains	
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TASK DESCRIPTION

DONE

Sanitize Surfaces

Empty Dishwasher

Take Out Trash/Recycling

Deep Clean Microwave

ESSENTIALS TO BUY

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Notes / Reminders: