LEFTOVERS MEAL PLANNER

Give cooked food and open ingredients a clear next use.

US LETTER

FOOD / INGREDIENT	MADE / OPENED	NEXT MEAL	ACTION	USE FIRST
1				
2				
3				
4				
5				
6				
7				
8				

RESCUE MEAL

FREEZE TODAY

LESSON FOR NEXT SHOP

LEFTOVERS MEAL PLANNER

Give cooked food and open ingredients a clear next use.

A4

	FOOD / INGREDIENT	MADE / OPENED	NEXT MEAL	ACTION	USE FIRST
1					
2					
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FREEZE TODAY

LESSON FOR NEXT SHOP