

The cover features a vibrant design with horizontal stripes in dark blue, white, magenta, and yellow. A central band contains a pink and yellow zigzag pattern. A white rectangular box with a black border is centered on the page.

home  
*binder*

# MEALS THIS WEEK

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

REMINDERS:

# FREEZER INVENTORY

DATE

PREPARED MEALS

TOTAL STOCKED

DATE

PREPARED MEALS

TOTAL STOCKED

DATE

PREPARED MEALS

TOTAL STOCKED

# WEEKLY FAMILY CHORES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

REMINDERS:



# MENU FOR THE WEEK

## MENU

M

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T

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Blank light blue rectangular area for menu entry.

## GROCERY LIST

Large vertical area with horizontal dashed lines for writing a grocery list.

# HOME CLEANING CHECKLIST

1

2

3

4

5

6

7

8

9

10

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