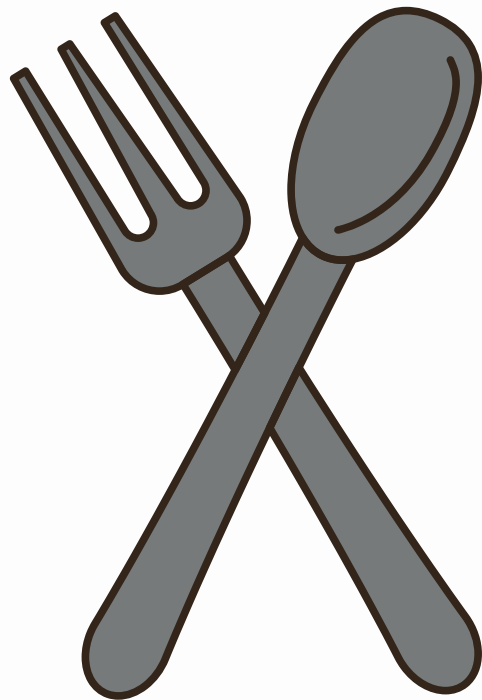


My
Kitchen
Binder

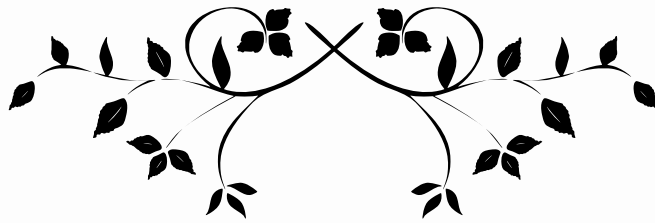




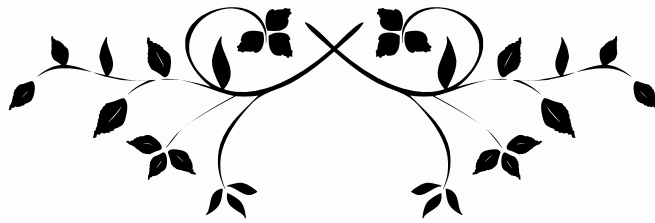
Recipes



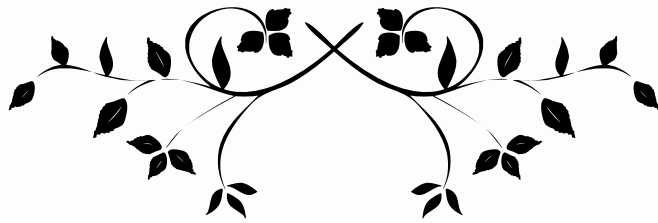
Appetizers



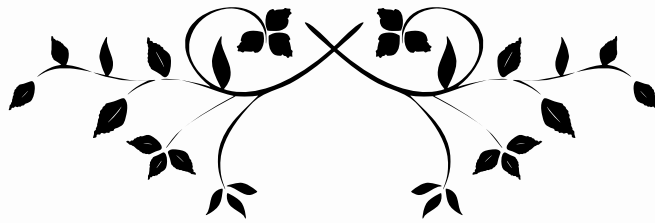
Beverages



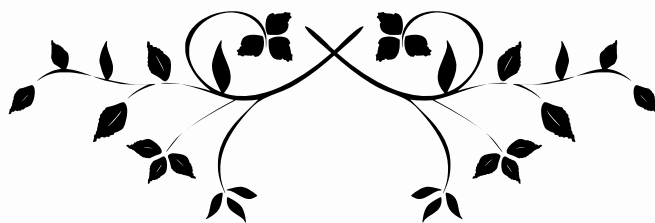
Bread & Pasta



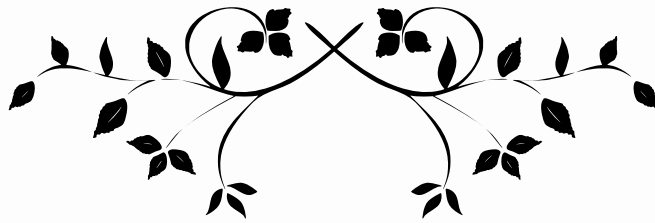
Desserts



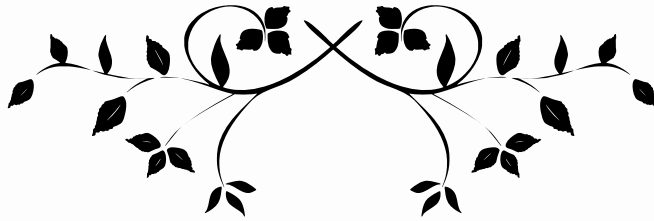
Main Dishes



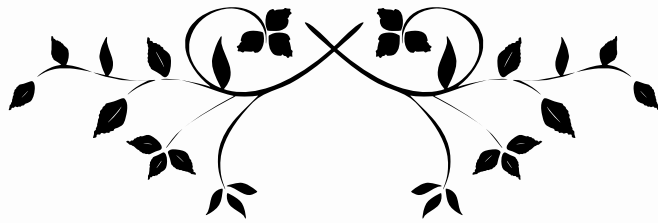
Meat



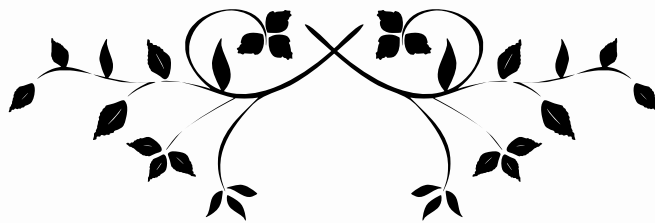
Poultry



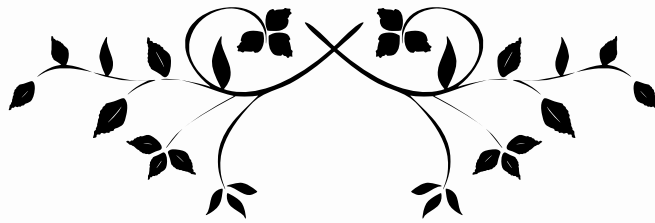
Seafood



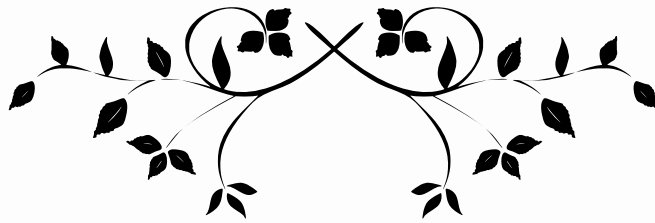
Soups & Salads



Vegetables



Everything Else





Meal Planning



Weekly Menu

Monday

Breakfast _____
Lunch _____
Dinner _____

Tuesday

Breakfast _____
Lunch _____
Dinner _____

Wednesday

Breakfast _____
Lunch _____
Dinner _____

Thursday

Breakfast _____
Lunch _____
Dinner _____

Friday

Breakfast _____
Lunch _____
Dinner _____

Saturday

Breakfast _____
Lunch _____
Dinner _____

Sunday

Breakfast _____
Lunch _____
Dinner _____