

Meal Plan and Shopping List by *The Redhead Baker*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Shopping List

Produce

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Baking

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Beans, Grains & Rice

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Cheese

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Dairy

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Frozen Foods

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Juices

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Meat & Poultry

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Oil & Vinegar

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Pasta & Noodles

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Soups and Broth

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Spices

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Wine & Spirits

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Other

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