

BUILD-YOUR-OWN MEAL PLAN

	BREAKFAST	LUNCH	DINNER	DESSERT
MON				
TUES				
WEDS				
THURS				
FRI				
SAT				
SUN MEAL PREP DAY!				

GROCERY LIST

EPICURE PRODUCTS

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PANTRY STAPLES

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PRODUCE

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DAIRY

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PROTEIN

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BAKERY

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