My {From Scratch} Food Plan

a week by week strategy

What's For Dinner?

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY:

SUNDAY:

WHAT TO PREP

TO BUY: FARMERS MARKET, STORE & UPICK



USE OR LOSE

MY CSA SHARE THIS WEEK



FOOD PROJECTS

granola, yogurt, bread



FOOD PRESERVATION

freezing, drying, infusing, canning

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